

★ *The*  
ORIENTAL  
COOK  
BOOK



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ARDASHES H. KEOLEIAN

# THE ORIENTAL COOK BOOK

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WHOLESOME, DAINTY AND ECONOMICAL DISHES OF THE ORIENT, ESPECIALLY ADAPTED TO AMERICAN TASTES AND METHODS OF PREPARATION

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BY  
ARDASHES H. KEOLEIAN  
(FORMERLY OF CONSTANTINOPLE)



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NEW YORK  
1913

THIS BOOK  
IS  
AFFECTIONATELY DEDICATED  
TO  
THE MEMORY  
OF  
MY BELOVED FATHER

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## PREFACE

In many respects the cooking of a country is directly indicative of the character of its inhabitants. Often, the disposition of a person, or of a nation, can be traced back with considerable certitude to the kind of food which has been habitually eaten for long periods. At any rate, there is always a certain correspondence to be noted between the general characteristics—physical, mental and spiritual (as we say for want of a better word)—and the foods, or the special methods of cooking of each individual, geographical section, nationality and racial group. This is a peculiarly fascinating line of thought, too much so, in fact, to be more than hinted at here; for anything even remotely approaching an adequate consideration of it would be out of all proportion to the space at our command for these few preliminary words. It must suffice, then, to say merely that the Orient, like the French Nation, presents unmistakable evidence of this great truth.

But, in addition to this law of individual and distinctive variation in the matter of cooking, as

## THE ORIENTAL COOK BOOK

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in all other fields as well, there is another law which is becoming more and more operative every day, perhaps especially among English-speaking people, and pre-eminently among Americans. May we call this latter the law of acquisition or assimilation? We mean thereby to characterize the remarkable tendency in the country to draw upon the riches of the rest of the world, in every realm of human achievement, and to make them one's own, either as a whole or in part, to make them minister to one's enjoyment and advancement. The United States is a Cosmopolitan Nation, with myriads of interests and capacities of appreciation, and there seem to be good and sufficient reasons today for offering its people access to what has been wrought by the genius of Oriental cookery.

In fact, the steadily increasing appreciation of, and demand among Occidentals for, Oriental cooking, finally induced us, among other reasons, to undertake the difficult task of writing this book.

The preparation of it we term a difficult task, perhaps for no other reason than this singular one, namely, the non-existence in the Orient, or among any of the Oriental nations—except among

## PREFACE

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the Armenians, and that in an inefficient form—of any regular literature upon the Culinary Art, which might have served us as a guide among the widely differing recipes and ideas upon cookery that have existed from time immemorial, from the Balkans to Persia, and from Arabia and Egypt to the Caucasus. It has been, therefore, our exacting duty, not only to collect the best of the numerous recipes, but also to select from the countless variety such choice and practical ideas as will appeal, we hope, to the Occidental tastes and demands.

Being of Oriental origin, but knowing quite thoroughly the characteristic taste of Western peoples in certain of the fine arts—in Oriental rugs, tapestries and general antiques, for example, as well as in other lines that have been appreciated by the educated and cultured—we have taken the pains, at the original suggestion and because of the incessant requests of some intimate American friends, to prepare this book. It has cost us many of the best years of our life and many expensive trips to the Orient, in order to secure at first hand right, positive, tested and authoritative information in regard to many things concerning which we

## THE ORIENTAL COOK BOOK

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had previously only possessed natural ability, as an observer, and an eye for appreciation and selection. To this we think we may properly add a well-developed patience in research and a faithfulness in recording results, both of which qualities have had abundant exercise in the arduous but congenial labors now completed. Moreover, it may be added that we have had the frequent advice of some of the best-known exponents of Oriental Cookery as exemplified in the palaces and homes of the East.

As a consequence, we believe we have finally evolved a book which gives, in a designedly limited compass, the most representative, meritorious and easily adaptable methods of food preparation that are known and practiced all over the Orient by various nationalities, such as the Armenians, Bulgarians, Caucasians, Egyptians, Greeks, Jews, Persians, Syrians, Turks, etc., etc.

All human beings are naturally gifted with more or less ability, when occasion requires, to prepare food for themselves. The true art of Cookery, however, is not the possession of many, especially when it is exercised for the highest good and pleasure of others. This truly specialized and



## PREFACE

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praiseworthy function demands good judgment, an inherent sense of fitness and proportion in the choice and blending of food ingredients, reliable guidance, and after that practice and ever more practice.

But cookery should not be made a difficult task by minute descriptions of compositions and combinations—as is true of many cook books—in such a way as to cause the average housekeeper bewilderment or discouragement. Of course, excellent results in the art of cookery require a general knowledge of and experience in the art, on the part of the cook, yet, it should also be left with her to make a fair attempt at it, and use her own judgment considerably, regarding preparation and results. *Cookery is neither practical nor successful when it is too scientific, because such success is largely dependent on the taste of the cook and those for whose enjoyment it is prepared.*

Civilization has taught human beings to be careful in their selection of foodstuffs, and again, it has taught them, on the whole, to prepare the food in a way to make it more nourishing and palatable. Thus, the common reasons for cooking are already known to every person, which are, namely:

## THE ORIENTAL COOK BOOK

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*To do away with the hurtful substances in foodstuffs, and to cause destruction to microbes and other foreign matter in flesh and in vegetables.*

*To assist mastication and hasten digestion of food through proper combinations of various eatables; and finally*

*To use or serve them in the best style, suited to the customs and conceptions of civilized people.*

Although cooking recipes are innumerable and vary much in different countries, still the general methods of cookery are simple and their operations few in number. They are: *Boiling or Stewing, Broiling or Grilling, Baking, Roasting and Frying*. All these methods are practiced, and in the preparation of some food often more than one method is used. Each one of these methods is also essential for the reason that certain foodstuffs can only be properly treated in one way in order to give them the desired taste and appearance. Each of these several methods agrees with tastes, and what may be indigestible to one may be quite digestible to another.

Oriental Cookery, like all else Oriental, is not based on strict science, but on natural and happy

## PREFACE

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combinations of food ingredients and flavors which many, many years' experience on the part of different peoples has taught them. It is naturally, harmoniously and easily done, and is dependent for its successful result on good and wholesome ideas in general cooking, and anyone with a little courage can do it, too, without minutely following the given guide in the recipes.

Oriental cookery is valued not only because of its economy, because one can get the most out of the least material used in the preparation of a food, but it is also recognized and esteemed for its general body-building and nourishing character, and although it is solid and substantial, it is often dainty as well. *In Oriental cooking, not a single dish is dependent on the extravagant use of expensive and various ingredients which, when counted up, make food very expensive, but it is dependent, and very much so, on the flavor of each different article used in the making thereof. For those, therefore, who are fond of plain food, but of the kind that puts an extra layer of fat on the consumer, Oriental cooking is especially recommended.*

Successful Oriental cooking is based on the

## THE ORIENTAL COOK BOOK

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theory that no one ingredient used should greatly outdo the others in strength, and that the result should be a perfect harmony. It should not be very difficult, therefore, for anyone who will remember this to follow the methods described in this book, and although we have, to the best of our ability, given the approximate quantities of every substance to be used in the preparation of each recipe, it is desirable, nevertheless, that each housekeeper should use her own judgment in regard to quantity, proportions, taste, and the like. We have aimed only to furnish general guidance in a field that will be wholly new to those for whom our work has been done. We do not pretend to lay down exact rules for families of different sizes and varied likings.

It has, furthermore, been taken for granted that those who purchase a copy of this *Oriental Cook Book* will not look to find in it that general and widespread information about cookery, which it is to be assumed every housewife already possesses. For instance, when we have spoken of *Boiling* or *Frying*, we have avoided the common explanation of what is meant by boiling or frying, nor have we given the scientific explanation there-

## PREFACE

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of—the temperature required, the changes produced in the process, and so on. We have prepared this book largely for those who know how to do the little ordinary things involved in the culinary art, who will understand the meaning of our expressions, who know the ingredients already in use and are able to comprehend their nature without looking for our explanation of them.

Thus—not believing it to be consistent with our present purpose—we have avoided giving the different food properties contained in each ingredient, such as *the water, the albuminoids, the fat, the starch, the sugar and the salts*, which are to be found always in our daily food compositions.

In short, we have not written anything about the degree of temperature at which olive oil or butter will melt or come to a smoking point, nor stated that such ingredients are nourishing in certain conditions and not in others; that meat, fish or vegetables will fry in fat of a certain degree and not in less, etc., etc. All these things have been avoided because we take it for granted that our readers will only be interested in the recipes of Oriental Cookery and the facts relating thereto, which have been handed down through the centuries.

## THE ORIENTAL COOK BOOK

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While wishing to be modest in all our assertions regarding the merits of this *Oriental Cook Book*, we find ourselves hoping that it may eventually take its place alongside of fine rugs, tapestries and other objects of art, as a means of making the Orient known to the Occidental mind. The culinary art of those romantic lands, whose people for many centuries have been the recipients and faithful preservers of valuable secrets along this line, has a rare and rewarding interest of its own, which, we believe, may well engage the earnest attention of women of Western lands.

We have omitted illustrations in this book, for the good reason that Oriental cooking is wholly based on remarkable combinations of foodstuffs which no illustration can ever depict.

We feel that all our efforts will be well and fully repaid if this work meets with appreciation on the part of any considerable number of those who are interested in the art of cookery, either as housewives, cooking teachers or professional cooks. We are quite confident that it will do so, if merit counts for anything, for it not only stands alone as an exposition of Oriental cookery in English, but we cannot find that it lacks any of the es-

## PREFACE

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entials of completeness or practicability which characterizes its American and English exemplars.

We also trust that this book may be found to be, to some degree at least, instrumental in reducing the high cost of living for those who make use of it, inasmuch as one of the fundamentals of Eastern cookery is the maximum of savor with the minimum of expense.

Were it possible for us to allude, in this preface, to the many remarkable dishes that have made Oriental cookery famous, perhaps they might induce a readier recognition of the merits of the book. However, as they are dealt with in detail in their respective places in the body of the work, we refrain from mentioning them in this limited space, leaving it to our readers to make use of the recipes which we have made as explanatory as possible.

By the will of Allah, we remain,

Very sincerely yours,

ARDASHES H. KEOLEIAN.

*New York, N. Y.*

*1913.*





# The Oriental Cook Book

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## TABLE OF CONTENTS

	PAGE
A FEW IMPORTANT NOTES.....	17
SOUPS .....	20
PILAFS .....	41
FISH .....	52
BAKED FISH .....	54
BROILED FISH .....	60
FRIED FISH .....	64
BOILED FISH .....	67
PICKLED AND SALTED FISH.....	73
OYSTERS .....	77
LOBSTERS .....	86
MACARONI .....	92
BROILED MEATS .....	101
ROASTS .....	123
BOILED DISHES .....	135
VEGETABLES—WITH MEAT .....	151
VEGETABLES—WITH AND WITHOUT BUTTER OR OLIVE OIL..	179
STUFFED DISHES—WITH MEAT .....	203

# THE ORIENTAL COOK BOOK

---

---

	PAGE
OTHER STUFFED DISHES—WITH OLIVE OIL.....	213
MINCED MEAT DISHES.....	224
MISCELLANEOUS.....	233
SAUCES.....	244
EGGS.....	257
SALADS.....	266
PICKLES.....	276
PASTRY.....	284
FRUITS AND CREAMS.....	304
PRESERVES.....	312
DESSERTS.....	319
EXTRAS.....	326
ORDER OF SERVICE.....	333
MENUS.....	334
LIST OF SPECIAL ORIENTAL INGREDIENTS.....	344

# THE ORIENTAL COOK BOOK

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## A Few Important Notes

In the preparation of Oriental dishes, stock or broth is used extensively instead of plain water. This practice, however, does not involve any special effort or expense because the materials used for this purpose are trimmings of meat or poultry bones, and the like, not fat, nor any other foreign substances, except uncooked vegetables.

The making of stock is very simple, as it only consists in boiling the above mentioned materials in plain water. It is unnecessary to say that before using this broth for any purpose it should be strained through a fine metal sieve.

THE KINDS OF MEAT USED: In Oriental cookery lamb is the principal meat used, with which most of the *Kebabs*, the *Basdis* and the *Dolmas* are very delicately made. Still, good beef, veal and mutton often serve the purpose. However, it is better that the question of the meat should be

## THE ORIENTAL COOK BOOK

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left entirely to the judgment and liking of those for whom the food is prepared.

PREPARATION OF DRESSINGS, ETC.: There are certain *Dressings*—*Terbieh*—which are exclusively Oriental. These Dressings consist of the following ingredients and are used with:

1.—*Certain Boiled Dishes, Soups, Etc.* Dressing is made with the juice of lemon and beaten egg (the preparation of either or both can be increased according to taste and requirement), and is used by pouring the combination of both over the whole food, after blending the mixture with a little portion of the boiled cooking.

2.—*Certain Soups, Etc.* Dressing is made with overheated butter and chopped dry onion or crumbs of bread, with pepper shaken over. This mixture, after good frying, is poured into the food and stirred.

3.—*Boiled Head and Shin of Lamb, Mutton, Veal and Beef.* Dressing is made with the juice of garlic, vinegar and beaten eggs, and is used by pouring over the whole food, after blending the mixture with a little portion of the cooking.

## A FEW IMPORTANT NOTES

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4.—*Certain Boiled Dry Beans, Broiled Fish, Broiled Meat, Etc.* *Piaż*, a mixture of finely cut dry onions (or green onions in season) crushed with salt, then washed, and then mixed with finely cut parsley, is used as garnishing.

5.—*Meats, Fishes, Oysters, Etc., also with Salads.* Mayonnaise is made of very finely cut and pressed parsley, olive oil, the juice of a lemon and the yolk of egg, also salt and pepper, all well mixed.

6.—*Pastry and Deserts.* Sugar syrup is used on most of Oriental pastry and deserts, and is made of sugar simmered in plain water and moderately thickened.

# SOUPS

[TCHORBA.]

The basis of all Meat Soup is stock or broth, obtained from the boiling, in plain water, of bones and meat trimmings, or trimmings of fowls. Various dressings and flavorings are also used with certain soups to enrich them.

Compared with the various soups of the other countries, the Oriental soups are fewer in number, although the Oriental peoples are considered great soup-eaters. In quality, these soups are very superior, though very simple in their composition and in general appearance.

In the making of soups, one can easily determine on the kind wished and use the ingredients accordingly. Thus, rice can be very conveniently replaced by any suitable cereal, barley, macaroni, Italian paste, etc.

Soups must be served hot always.

## SOUPS

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### PREPARATION OF STOCK OR BROTH.

*For Soups, Pilafs and Other Dishes.*

Use always the bones, especially from the leg or aitchbone of Beef, the tail or any other meat trimmings. Wash them once or twice and leave in plain water for one-half hour. Then, after adding to it as much water as the quantity of the meat or bones requires, boil the whole in a large vessel, over a moderate fire, taking the scum off as it boils. During the boiling, cut into it one dry onion, one carrot, one bunch of parsley, a pinch of salt and two or three stalks of celery. After the contents of the vessel come to a boil, place it to one side of the stove fire, and leave it to simmer for three or four hours.

This broth should always be strained, when used for soups, and more water can be added to the vessel for secondary purposes, as for the use of *Pilafs* and other dishes.

In extracting broth from fowls for soup, do not use any of the vegetables mentioned above.

# THE ORIENTAL COOK BOOK

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## 1. PLAIN BROTH. Of Meat Chicken or Other Fowls.

[SADEH ET SOUYOU.]

### Ingredients:

Stock ..... for 6 plates.  
Parsley ..... 1 bunch.  
Lemon ..... 1.  
Salt and pepper, to taste.

### Method:

Serve rich, hot broth, seasoned to taste with salt and pepper with lemon, after boiling with one heavy bunch of parsley hung in the vessel.

## 2. PLAIN BROTH WITH EGGS.

[SADEH ET SOUYOU YOUNMOURTALI.]

### Ingredients:

Stock ..... for 6 plates.  
Eggs ..... 6.  
Salt and pepper, to taste.

### Method:

Serve rich, hot broth, after it is prepared in the same manner as described in Style No. 1, breaking one raw egg in each plate of it.

The broth should be so hot as to cause the white of the eggs to become partially poached.



## SOUPS

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### 3. PLAIN BROTH WITH DRESSING.

[SADEH ET SOUYOU TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Lemon ..... 1.  
Egg ..... 1.  
Salt and pepper, to taste.

#### Method:

Bring the broth to a boil, season to taste and have it ready for the following dressing:

Beat the egg and mix well with the juice of the lemon, blend the mixture with some of the broth, then pour into the vessel, stir well and serve hot.

### 4. RICE-SOUP, PLAIN.

[PIRINTCH TCHORBA SADEH.]

#### Ingredients:

Stock ..... for 6 plates.  
Rice .....  $\frac{1}{4}$  cupful.  
Lemon ..... 1.  
Salt and pepper, to taste.

#### Method:

Wash the rice well and boil in plain water until half done. Strain and pass through cold water three or four times. Then, after seasoning it

## THE ORIENTAL COOK BOOK

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to taste, boil it in broth for 25 to 30 minutes. The quantity of the rice, in proportion to that of the broth, is dependent on the thickness or thinness of the soup required. Serve hot and with lemon.

### 5. RICE-SOUP WITH DRESSING.

[PIRINTCH TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Rice .....  $\frac{1}{4}$  cupful.  
Egg ..... 1.  
Lemon ..... 1.  
Salt and pepper, to taste.

#### Method:

Prepare the rice-soup as directed in the foregoing recipe, and then add to it the dressing as described in Style No. 3.

### 6. RICE-SOUP WITH DRESSING. Another Style.

[PIRINTCH TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Rice .....  $\frac{1}{4}$  cupful.  
Butter ..... 1 tablespoonful.  
Onion .....  $\frac{1}{2}$  or 1, medium.  
Salt and pepper, to taste.

## SOUPS

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### Method:

After preparing the rice soup as described in Style No. 4, add to it the following dressing:

Place the butter in a frying pan and bring to the burning point, then put into it the onion, well chopped—(bread crumbs will do instead). Shake some pepper over it, and when the onion is fried to a brown shade, pour it into the soup gradually and stir. Lemon may be conveniently served with this soup.

### 7. VEGETABLE SOUP.

[SEBZEVATLI TCHORBA.]

#### Ingredients:

Stock .....	for 6 plates.
Carrot .....	1.
Celery .....	6 stalks.
Dry Onions .....	2, medium.
Parsley .....	1 bunch.
Salt and pepper, to taste.	

#### Method:

Slice very finely the carrot, the celery, the onions and the parsley into the broth, and simmer until the vegetables are well done, and, after seasoning to taste, serve.

Some prefer frying the vegetables in butter, before boiling them in the broth.

# THE ORIENTAL COOK BOOK

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## 8. VEGETABLE SOUP WITH DRESSING.

[SEBZEVATLI TCHORBA TERBIEHLI.]

### Ingredients:

Stock ..... for 6 plates.  
Potatoes ..... 3, boiled.  
Onions ..... 2, medium.  
Tomatoes..... 3 (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Butter ..... 1 tablespoonful.  
Salt and pepper, to taste.

### Method:

Slice the boiled potatoes, the onions and the tomatoes and boil them together for 10 to 15 minutes in some broth, then pass the whole through a wire sieve into the broth ready for making the soup; after seasoning to taste, continue boiling over a moderate fire for 10 to 15 minutes longer.

Dressing like that described in Style No. 6 should be added immediately after it is taken from the fire.

## SOUPS

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### 9. ONION SOUP WITH DRESSING.

[SOGHANLI TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Flour ..... 1 tablespoonful.  
Dry Onions ..... 2, medium.  
Butter ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Cut the onions in small pieces, boil well in a little plain water, then put through a fine metal sieve. After blending this with the flour, with the aid of some warm broth, the mixture should be poured into the hot broth, seasoned to taste and stirred gently but constantly until the smell of the flour is lost in simmering on slow fire.

Dressing like that described in Style No. 6 should be added immediately after the vessel is taken from the fire.

# THE ORIENTAL COOK BOOK

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## 10. \***“IMRIK” SOUP WITH DRESSING.**

[IMRIK TCHORBA TERBIEHLI.]

### Ingredients:

Stock ..... for 6 plates.  
Cream of Wheat ..... 1 tablespoonful.  
Butter ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Place the Cream of Wheat with the butter in a frying pan and fry well over a slow fire, but stir constantly and gently. This done, pour it into the broth, season to taste and simmer until it gets sufficiently thick.

Dressing like that of Style No. 6 may conveniently be used with the above soup.

## 11. **LENTIL SOUP WITH DRESSING.**

[MERJIMEK TCHORBA TERBIEHLI.]

### Ingredients:

Stock ..... for 6 plates.  
Lentils ..... 1 cupful.  
Butter ..... 1 tablespoonful.  
Onion ..... 1, medium.  
Salt and pepper, to taste.

\* “Imrik” is equivalent to Cream of Wheat Cereal.

## SOUPS

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### Method:

Soak the Lentils for 10 to 12 hours, and after washing well, boil them together with the onion, chopped, in some broth until well done. Then pass through a fine metal sieve into a little more broth. Season to taste and simmer over slow fire.

Dressing made as in Style No. 6 should be used with it.

Croutons of fried or well toasted bread may be placed with this soup when put in plates. Some people sprinkle very finely cut parsley over it instead of the croutons, and still others use both the parsley and the croutons.

### 12. LENTIL SOUP, PLAIN,

[MERJIMEK TCHORBA SADEH.]

### Ingredients:

Stock ..... for 6 plates.  
Lentils .....  $\frac{1}{2}$  cupful.  
Tomatoes..... 1, ripe (or 2 to 3 tablespoonfuls  
of canned tomatoes).  
Onion ..... 1, medium.  
Salt and pepper, to taste.

### Method:

Soak the Lentils in plain water for 10 to 12 hours, wash, strain and boil in broth until tender,

## THE ORIENTAL COOK BOOK

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meanwhile chopping into it the onion and the tomato, and seasoning it to taste.

Dressing as described in Style No. 6 may not be out of place; on the contrary, it will add to its richness immensely.

### 13. GIBLETS SOUP WITH DRESSING.

[KATTI TCHORBA TERBIEHLI.]

#### Ingredients:

Stock .....	for 6 plates.
Rice .....	1/4 cupful.
Giblets .....	of 2 or 3 chickens or turkeys.
Egg .....	1.
Lemon .....	1.

Salt and pepper, to taste.

#### Method:

Clean the giblets well and chop very finely. Boil these and the well-washed rice together in chicken or turkey broth, on slow fire, after seasoning it to taste. When done, to the whole add the dressing made as described in Style No. 3. Serve hot.



## SOUPS

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### 14. \*‘‘MATZOUN’’ SOUP WITH DRESSING.

[YOGHOURTLOU TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Rice .....  $\frac{1}{4}$  cupful.  
Butter ..... 1 tablespoonful.  
Onion ..... 1, medium.  
Matzoun ..... 2 cupfuls.  
Salt and pepper, to taste.

#### Method:

Wash the rice and boil until tender, either in chicken, turkey or beef broth, meanwhile seasoning to taste. To this add the dressing made as described in Style No. 6. Also, with great care, blend the Matzoun with part of the soup, in a separate pan, stirring gently and constantly, and then return to the vessel, pouring it into the soup. Serve when a little cool.

A little powdered mint will add to the delicacy of the flavor.

\*See ‘‘EXTRAS,’’ page 326.

15. "GLORAGH" SOUP WITH  
DRESSING.

[ "YOUVARLAK" TCHORBA TERBIEHLI. ]

Ingredients:

Stock .....	for 10 plates.
Meat .....	½ pound, well minced.
Rice .....	¼ cupful.
Parsley .....	½ bunch.
Onion .....	2, medium.
Egg .....	1.
Lemon .....	1.

Salt and pepper, to taste.

Method:

Chop very fine the parsley and the onion, and mix well with the washed rice and minced meat. Season the mixture to taste, and mould into the shape and size of English hazel nuts. This done, place them in boiling broth, and cook until the meat and the rice are well done. Dressing made with egg and the juice of lemon, beaten together, should be added to the whole, after first blending it with part of the broth of the soup. Serve hot.

## SOUPS

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### 16. "GLORAGH" SOUP WITH DRESSING AND MATZOUN.

[YOGHOURTLOU "YOUVARLAK" TCHORBA TER-  
BIEHLI.]

#### Ingredients:

Stock ..... for 10 plates.  
Meat .....  $\frac{1}{2}$  pound, well minced.  
Rice .....  $\frac{1}{4}$  cupful.  
Onions ..... 2, medium.  
Parsley .....  $\frac{1}{2}$  bunch.  
Butter ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

After preparing the soup as described in Style No. 15, add to it a dressing made of butter and finely chopped onion or bread crumbs (see Style No. 6), also the Matzoun, as in the case of the recipe for Style No. 14. Serve hot.

### 17. THICK SOUP.

[LAPA TCHORBA.]

#### Ingredients:

Stock ..... for 6 plates.  
Rice .....  $\frac{1}{2}$  cupful.  
Butter ..... 1 tablespoonful.  
Tomatoes..... 3 (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Salt and pepper, to taste.

# THE ORIENTAL COOK BOOK

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## Method:

Place all the ingredients, the tomatoes being cut into small pieces, in a deep vessel, then add the broth; season to taste and boil over moderate fire, until the rice is sufficiently cooked, or is tender. Serve when a little cool.

## 18. TRIPE SOUP WITH DRESSING.

[ISHGAMBEH TCHORBA TERBIEHLI.]

### Ingredients:

Stock ..... for 10 plates.  
Tripe ..... 1 pound, well cleaned.  
Chick Pea ..... 2 tablespoonfuls.  
Wheat Starch ..... ½ tablespoonful.  
Eggs ..... 2.  
Lemon ..... 1.  
Garlic ..... 4 bulbs, peeled.  
Salt and red pepper, to taste.

### Method:

Take the well-cleaned tripe, chop in very small pieces and boil well in broth with the chick peas (which must have been soaked in plain water for 10 to 12 hours) and the garlic. Skim the scum off and season to taste when it comes to a boil. When done, break the eggs in a separate plate and beat well with the juice of the lemon, for dressing.

## SOUPS

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Then take the starch, soak in a little water and blend with the mixture of the egg and the lemon juice, also with some of the soup. Care should be taken that during the blending, the egg may not get curdled. Serve hot.

### 19. CALF'S HEAD SOUP WITH DRESSING.

[DANA BASH TCHORBA TERBIEHLL.]

#### Ingredients:

Calf's head .....	1/4 or 1/2 part.
Tomatoes.....	2, ripe (or 3 to 4 tablespoonfuls of canned tomatoes).
Eggs .....	2.
Lemon .....	1.
Parsley .....	1 bunch.
Salt and pepper, to taste.	

#### Method:

Wash the head, boil well, but take off the scum when boiling; then add the parsley, well chopped, also the tomatoes, cut in small pieces. Season to taste. When done, the broth should be strained and the dressing, as described in Style No. 3, should be added to it.

# THE ORIENTAL COOK BOOK

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## 20. FLOUR SOUP WITH DRESSING.

[OUN TCHORBA TERBIEHLI.]

### Ingredients:

Stock ..... for 6 plates.  
Meat .....  $\frac{1}{8}$  pound, boneless.  
Flour ..... 1 tablespoonful.  
Egg ..... 1.  
Lemon ..... 1.

Salt and pepper, to taste.

### Method:

Cut the meat into very small pieces and boil in broth until quite tender. When nearly done, blend the flour with a little plain water into a thin paste and pour into the soup gradually, meanwhile stirring the soup gently to prevent coagulation. Season to taste. The soup should continue to simmer, over a slow fire, until well done—that is, until the smell of the flour is eliminated.

Dressing with beaten egg and lemon juice should be added in the same manner as described in Style No. 3. Serve hot.

## SOUPS

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### 21. FLOUR SOUP WITH DRESSING. Another Style.

[OUN TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Flour ..... 1 tablespoonful.  
Egg ..... 1.  
Butter ..... 1 tablespoonful.  
Onion .....  $\frac{1}{2}$  (or breadcrumbs).  
Salt and pepper, to taste.

#### Method:

This soup is prepared in exactly the same way as the flour soup in the preceding recipe, No. 20, omitting the meat.

As to the dressing, hot butter and finely chopped onion, or the breadcrumb combination, may also conveniently be used. (See Style No. 6.) The beaten egg, however, should be blended with the soup before it is done, and the dressing should be applied afterwards. Serve hot.

## THE ORIENTAL COOK BOOK

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### 22. \* "TARHANA" SOUP WITH DRESSING.

[TARHANA TCHORBA TERBIEHLI.]

#### Ingredients:

Stock ..... for 6 plates.  
Tarhana .....  $\frac{1}{4}$  cupful.  
Mint ..... 2 pinches.  
Butter ..... 1 tablespoonful.  
Onion .....  $\frac{1}{2}$  (or breadcrumbs).  
Salt and pepper, to taste.

#### Method:

Place the vessel, containing the cold broth, over a moderate fire, and pour the *Tarhana* into it gradually, meanwhile stirring it constantly to prevent coagulation. Season to taste. When done, heat the butter in a frying pan, chop the onion into it very finely (breadcrumbs may be used instead of onion), and fry until pink; to this add the dry mint and a little pepper, then pour the whole into the vessel and stir, in order to cause the dressing to blend well with the soup. Serve hot.

\* See special list of Oriental Ingredients.



## SOUPS

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### 23. FISH CHOWDER WITH DRESSING.

[BALUCK TCHORBA TERBIEHLI.]

#### Ingredients:

Plain Water.....	for 10 plates.
Bass .....	1/2 pound.
Butter .....	2 tablespoonfuls.
Vinegar .....	1 tablespoonful.
Onions .....	2, small.
Eggs .....	2.
Lemon .....	1.

Salt and pepper. to taste.

#### Method:

Chop the onions fine and fry in butter until brown, in a deep vessel. Then add the water gradually, also the vinegar. When the contents of the vessel are nearly boiling, cut the well cleaned fish into it in small pieces, season to taste, and leave it to simmer until done. The dressing should then be applied in like manner as described in Style No. 3. Serve hot.

# THE ORIENTAL COOK BOOK

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## 24. TOMATO SOUP.

[DOMATES TCHORBA.]

### Ingredients :

Plain water ..... for 7 plates.  
Butter ..... 1 tablespoonful.  
Tomatoes... 3 to 4, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Rice or Cracked Wheat.....  $\frac{1}{4}$  or  $\frac{1}{3}$  cupful.  
respectively.  
Salt and pepper, to taste.

### Method :

Bring the butter to burning point, cut into it the tomatoes, and fry for 8 to 10 minutes ; then add the rice or the cracked wheat, and after five minutes' frying pour in the plain water (hot water) in portions at five-minute intervals, and continue boiling until the rice or the cracked wheat is well cocked.

## PILAFS

[PILAF.]

The so-called "Turkish Pilaf," in its many varieties, is one of the best known and most popular dishes among the Oriental peoples. It is prepared with broth and rice, or cracked wheat instead. It might be said that *Pilaf* is plain thick soup, were it not for certain diversities in its composition which make it quite different from ordinary soup.

The stock or broth used for *Pilafs* is either of plain meat or chicken and turkey—it can be of game as well.

Dressings of certain kinds and flavors are also used in the making of *Pilafs*.

In the Orient, with frugal people, a *Pilaf* made of cracked wheat often takes the place of a meal, or acts as the principal dish at a dinner.

*Pilafs*, the rules for making which are given below, may be easily prepared if the directions are carefully and intelligently followed.

Like soups, they must always be served hot and eaten either with spoon or fork.

# THE ORIENTAL COOK BOOK

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## 1. PILAF, PLAIN.

[PILAF SADEH.]

### Ingredients:

Stock ..... 5 cupfuls.  
Rice ..... 2 cupfuls.  
Butter ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

In one deep vessel, fry well the washed rice in the butter, then add the broth. Season to taste and boil over strong fire. When nearly done, slow up the fire under the vessel and cover the pilaf with a piece of white muslin under the lid, falling a little over the brim of the vessel in order to prevent the steam falling back into the vessel. After 5 to 10 minutes stir the rice lightly with the aid of a perforated spoon, and put into hot oven until all its moisture is evaporated and the rice remain almost dry.

Cracked wheat may be used instead of rice.

## 2. PILAF, PLAIN. Another Style.

[PILAF SADEH.]

### Ingredients:

Stock ..... 5 cupfuls.  
Rice ..... 2 cupfuls.  
Butter ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

## PILAFS

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### Method:

Bring the broth to a boil first, then put the rice into it. Season to taste, and continue boiling until all the water is evaporated. This done, take the vessel off the fire and heat the butter well in a frying pan; then pour over the boiled rice; cover with white muslin under the lid and place in hot over for 15 to 20 minutes.

### 3. PILAF WITH TOMATOES.

[DOMATESLI PILAF.]

#### Ingredients:

Stock ..... 5 cupfuls.  
Rice ..... 2 cupfuls.  
Butter ..... 2 tablespoonfuls.  
Onion ..... 1, small.  
Tomatoes..... 4, ripe (or 5 to 6 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Chop the onion very fine and fry in part of the butter until pink. After placing it in a deep vessel, add to it the juice of the tomatoes, also the broth and the rice, which must be well washed. Season to taste and boil until done; pour over the whole the heated butter and place the vessel in moderately hot oven for 10 to 15 minutes.

# THE ORIENTAL COOK BOOK

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## 4. PILAF WITH BLUE FISH.

[YULIFER PILAF.]

### Ingredients:

Plain water .....	5 cupfuls.
Rice .....	2 cupfuls.
Olive Oil .....	1/4 cupful.
Blue Fish .....	1 pounds.
Salt and pepper, to taste.	

### Method:

Place the olive oil in a deep vessel and bring to smoking point on moderate fire. To this add the water gradually, and when this comes to a boil, put the rice in; then, after placing the fish over the rice, season to taste; cover and leave boiling until all the water evaporates.

## 5. PILAF WITHOUT WATER.

[SOUSOUZ PILAF.]

### Ingredients:

Lamb .....	1/2 pound.
Rice .....	2 cupfuls.
Butter .....	2 tablespoonfuls.
Mastic .....	3 to 4 pieces.
Cinnamon .....	1 small (2 inch) stick.
Salt and pepper, to taste.	

### Method:

Cut the meat into small pieces, season with salt and pepper, and arrange in the bottom of a

## PILAFS

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deep vessel. Spread over this the rice; pour the melted butter over it; and after adding the mastic and the cinnamon, cover the vessel with a wet cloth overlapping the brim, and place the lid of the vessel upside down, gathering the ends of the cloth in the center of the lid and keeping it well moistened. This *Pilaf* must be cooked on a very slow fire for over three hours. Once in a while some butter may be added.

### 6. PILAF WITHOUT BUTTER.

[YAGHSIZ PILAF.]

#### Ingredients:

Chicken ..... 1 (fat) small.  
Rice ..... 2 cupfuls.  
Cinnamon ..... 1 small (2 inch) stick.  
Salt and pepper, to taste.

#### Method:

Boil the chicken so thoroughly in plain water that not a particle of strength is left in the meat. Then strain through a metal sieve; add the rice to this rich broth, also the cinnamon, and, after seasoning it to taste, cook over strong fire until all the water is evaporated.

## THE ORIENTAL COOK BOOK

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### 7. PILAF OF CRACKED WHEAT.

[BOULGHOUR PILAF.]

#### Ingredients:

Stock .....	5 cupfuls.
Cracked Wheat .....	2 cupfuls.
Butter .....	1 tablespoonful.
Onion .....	1/2 (or breadcrumbs).
Salt and pepper, to taste.	

#### Method:

In a deep vessel bring the broth to a boil and pour the cracked wheat into it; season to taste with salt, and boil on moderate fire until done. Then heat the butter in a separate pan, chop the onion into it, sift over the pepper, and when the onion is fried pink, pour it over the *Pilaf* in the vessel and stir well until the entire contents is saturated with it.

The vessel then should be placed in a hot oven, uncovered, to cause the remaining water to evaporate.

Serve this *Pilaf* hot, with or without *Matzoun* over it.



## PILAFS

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### 8. SAFFRON PILAF.

[ZERDEH PILAF.]

The so-called Saffron Pilaf, which is called also the "Wedding Pilaf," because it is invariably made and served during wedding dinners or other great occasions in the Orient, is composed of two parts, the first being the *Plain Pilaf* (see *Pilafs*, Style No. 1), which should be prepared before the second part is attempted.

The second part, with the saffron, is prepared with the following ingredients and method:

#### Ingredients:

Plain water .....	3 cupfuls.
Rice .....	1 cupful.
Saffron .....	2 pinches.
Rose water .....	2 tablespoonfuls.
Sugar .....	½ cupful.

#### Method:

Put the washed rice and the water together in a deep vessel and boil over moderate fire until nearly done, then add the sugar, also the saffron (which must have been soaked in the rose water for 24 hours), and mix well. When the rice is well cooked, the Pilaf may be considered done, and so

## THE ORIENTAL COOK BOOK

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it should be poured over the first plain part of the Pilaf. Serve in a deep plate.

If the entire quantity is not to be used at one time, then it is advisable to keep each section of it separate for reheating.

### 9. PERSIAN PILAF.

[AJEM PILAF.]

#### Ingredients:

Fat Meat . . . . . 1/2 pound, of mutton or lamb.  
Plain water . . . . . 3 cupfuls.  
Rice . . . . . 1 cupful.  
Onions . . . . . 2.  
Condiments... \* fistuck, \*kishnish, cinnamon and  
cloves (very little of each, according to liking).  
Salt and pepper, to taste.

#### Method:

Cut the meat into very small pieces, and fry in its own fat in a deep vessel, over a moderate fire. Then take out the meat with the aid of a perforated spoon, and chop the onions into the fat remaining in the vessel, frying it well until brown. Then put the meat back into the vessel, and over this pour the washed rice and the condiments, sea-

\* See Special List of Oriental Ingredients.

## PILAFS

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soning to taste. To this finally add the water and continue cooking until the rice is done. The remaining water of the Pilaf, if there is any, may be evaporated by placing the vessel in a hot oven, uncovered.

### 10. BULGARIAN PILAF.

[BULGHAR PILAF.]

#### Ingredients:

Stock .....	5 cupfuls.
Rice .....	2 cupfuls.
Lamb Kidneys .....	4, fresh.
Cress .....	½ bunch.
Butter .....	2 tablespoonfuls.
Onion .....	1, medium.

Salt and pepper, to taste.

#### Method:

In a deep vessel place the washed rice, the butter, the kidneys, well chopped, also the onion and the cress, finely cut. Season to taste, add the broth, mix well and boil over moderate fire. After it is done, place the vessel, uncovered, in a hot oven to cause the remaining moisture to evaporate.

# THE ORIENTAL COOK BOOK

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## 11. RICE PILAF WITH TOMATOES.

[DOMATESLI PIRINTCH PILAF.]

### Ingredients:

Plain water ..... 3 cupfuls.  
Rice ..... 1 cupful.  
Butter ..... 1 tablespoonful.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt, to taste.

### Method:

Bring the butter to burning point, add the tomatoes and fry for 10 to 12 minutes, then pour in the water, gradually, and when it comes to a boil, add the well-washed rice and cook it until nearly done, when a piece of white muslin should be thrown over the vessel, under the lid, to absorb the steam and prevent its falling back into the pilaf. After 8 to 10 minutes the pilaf should be stirred with the aid of a perforated spoon, and the dampness may be caused to evaporate by placing the vessel either in a moderately hot oven or over a slow fire.

## PILAFS

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### 12. CRACKED WHEAT PILAF WITH TOMATOES.

[DOMATESLI BOULGHOUR PILAF.]

#### Ingredients :

Plain water ..... 3 cupfuls.  
Cracked Wheat ..... 1 cupful.  
Butter ..... 1 tablespoonful.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Salt, to taste.

#### Method :

Heat the butter to burning point, add the tomatoes, and fry for 10 to 12 minutes; then pour in the water gradually, and when this comes to a boiling point, add the cracked wheat, also the salt, and boil until done, when a piece of white muslin should be thrown over the vessel, under the lid, to prevent the steam from falling back into the pilaf. After ten minutes the pilaf should be stirred with the aid of a perforated spoon, and the dampness may be caused to evaporate by placing the vessel in a moderately hot oven.

# FISH

[BALUCK.]

In the Orient, the varieties of fish are numerous and possess better flavors than most of their kind in other waters; therefore, they have become an important article of diet, either as a part of certain dishes or by themselves, and are greatly esteemed. The method of preparation adds greatly to the delicacy of all fish food, and we trust we may be permitted to say, with a just and modest pride, that the proper treatment of fish for the table is an Oriental specialty.

Besides being used as a more or less nourishing food, certain kinds of fish are also prepared in the Orient as relishes in endless variety. We are glad to give in this book the recipes of the principal dishes of both kinds.

Fish must always be fried in olive oil, if there is not a serious reason for doing otherwise, as it will turn an unpleasing color when fried in any other fat.

## FISH

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In preparing fish dishes, care should be taken that the fish to be used are strictly fresh. This condition may be known by the following indications:

First of all, the redness of the gills—natural redness, not painted—and the brightness of the eyes, may be considered a good guide.

Also, fish should be stiff, and the skin not blistered nor loose.

Fresh fish are generally moist. One should be careful, however, to see that they have not been rendered so artificially.

The eyes of fresh fish are never sunken into the head. A very unpleasant smell may also be considered as an unfavorable sign.

As will readily be noticed, the recipes for fish dishes contained in this book require neither large varieties nor very big quantities of them; therefore, it is recommended that small fish always be selected, for it is very often the case that the large fish are old and consequently tough. Therefore, they not only take a longer time to cook, but are also likely to be tasteless, while the small fish are quite on the contrary.

# THE ORIENTAL COOK BOOK

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## BAKED FISH.

### List of Fish Suitable for Baking.

Bass	Hake	Shad
Blue Fish	Halibut	Smelts
Bream	Herring	Sole
Carp	Lamprey	Squealeague
Eel	Mackerel	Sturgeon
Flat Fish	Mullet, Red	Sword Fish
Grayling	Pike	Tench
Gurnet	Plaice	Trout
Haddock	Pollack	Whiting
	Salmon	

### 1. BAKED FISH.

[BALUCK PLAKI.]

#### Ingredients:

Fish.....	3 pounds.
Garlic .....	1 head, bulbs peeled.
Parsley .....	1 bunch.
Tomatoes.....	3 ripe (or 4 to 5 tablespoonfuls of canned tomatoes).
Lemon .....	1.
Olive Oil .....	½ cupful.
Flour .....	1 tablespoonful.
Plain Water .....	1 cupful.
Salt and pepper, to taste.	

#### Method:

Lay the fish in a deep flat pan, after it is properly cleaned and washed; then bury it with



## FISH

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the ingredients listed above, in the following manner:

First of all, slice the tomatoes over the fish, then add the garlic, the bulbs of which must be well peeled. Blend the flour in the water into creamy thickness and pour over the fish, also sift the parsley after it is very finely cut, then pour on the olive oil and lemon juice. Season to taste, place the pan in a moderately hot oven, leaving it there until the contents are well baked.

Serve either hot or cold, in own pan or on a platter over lettuce leaves, and garnish with parsley, sliced lemons and red radish.

### 2. BAKED FISH. Another Style.

[BALUCK PLAKI.]

#### Ingredients:

Fish .....	3 pounds.
Onions .....	2, medium.
Tomatoes.....	3, ripe (or 4 to 5 tablespoonfuls of canned tomatoes).
Parsley .....	1 bunch.
Mint .....	1/2 bunch.
Olive Oil .....	1/2 cupful.
Plain Water .....	1 cupful.
Salt and paper, to taste.	

## THE ORIENTAL COOK BOOK

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### Method:

First of all, coat the fish slightly with oil and broil over slow fire, then lay it in a deep flat pan over which should be placed the above listed ingredients in the following manner:

Slice the tomatoes and arrange over the fish also the dry onions likewise. Sift over this the parsley and the mint, both of which must be very finely cut, then add the water and the oil. Season to taste and bake in a hot oven until done.

Serve hot or cold, on lettuce leaves, and garnish with sliced lemons.

### 3. BAKED FISH A LA "ARMENIA."

[ERMENI BALUCK PLAKI.]

### Ingredients:

Fish .....	3 pounds.
Butter .....	2 tablespoonfuls.
Olive Oil .....	1/2 cupful.
Onions .....	4, medium.
Lemons .....	2.
Eggs .....	3.
Parsley .....	1 bunch.
Curry .....	1 teaspoonful.

Salt and pepper, to taste.

## FISH

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### Method:

Clean the fish well and then cut from head to tail down the backbone, with the aid of a sharp-pointed knife. Cut these again into halves; salt and leave for one to two hours. Then, in one deep flat pan, put the butter and the olive oil together. In this mixture the chopped onions should be fried, not very brown. Over this arrange the pieces of fish which must be washed; then add the eggs, well beaten, also the juice of the lemons and the parsley—cut fine. Sift the curry; season to taste and, after pouring on almost enough water to cover the ingredients, place the pan in a moderately hot oven and leave there until well baked.

Use more lemon, if desired, when serving.

### 4. STEAM BAKED FISH.

[BALUCK BOGHOU-PLAKI.]

#### Ingredients:

Fish .....	3 pounds.
Lemons .....	3.
Olive Oil .....	1/2 cupful.
Plain Water .....	1/2 cupful.
Parsley .....	1 bunch.

Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

First of all, coat the fish slightly with oil and broil over slow fire, then lay it in a deep flat pan, over which should be placed the above listed ingredients in the following manner:

Slice the tomatoes and arrange over the fish, also the dry onions likewise. Sift over this the parsley and the mint, both of which must be very finely cut, then add the water and the oil. Season to taste and bake in a hot oven until done.

Serve hot or cold, on lettuce leaves, and garnish with sliced lemons.

### 3. BAKED FISH A LA "ARMENIA."

[ERMEINI BALUCK PLAKI.]

### Ingredients:

Fish .....	3 pounds.
Butter .....	2 tablespoonfuls.
Olive Oil .....	1/2 cupful.
Onions .....	4, medium.
Lemons .....	2.
Eggs .....	3.
Parsley .....	1 bunch.
Curry .....	1 teaspoonful.

Salt and pepper, to taste.

## FISH

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### Method:

Clean the fish well and then cut from head to tail down the backbone, with the aid of a sharp-pointed knife. Cut these again into halves; salt and leave for one to two hours. Then, in one deep flat pan, put the butter and the olive oil together. In this mixture the chopped onions should be fried, not very brown. Over this arrange the pieces of fish which must be washed; then add the eggs, well beaten, also the juice of the lemons and the parsley—cut fine. Sift the curry; season to taste and, after pouring on almost enough water to cover the ingredients, place the pan in a moderately hot oven and leave there until well baked.

Use more lemon, if desired, when serving.

### 4. STEAM BAKED FISH.

[BALUCK BOGHOU-PLAKI.]

### Ingredients:

Fish .....	3 pounds.
Lemons .....	3.
Olive Oil .....	$\frac{1}{2}$ cupful.
Plain Water .....	$\frac{1}{2}$ cupful.
Parsley .....	1 bunch.

Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Clean the fish well, wash, lay in a vessel and pour over it the juice of the lemons, the olive oil and the water. After seasoning to taste, place the lid of the vessel on, upside down. The edge of the lid should then be sealed to the vessel with some batter, made of water and flour, in order to prevent the steam from escaping from the vessel. This done, put cold water in the hollow of the lid, as much as it will hold, and let the contents of the vessel simmer over a moderate fire. When the water in the hollow of the lid comes to a boil or becomes very hot, take it out with the aid of a sponge and put cold water in instead. At the end of the third change of this sort, the fish may be considered well baked. Serve hot with some very finely cut parsley sifted over it.

### 5. ROYAL BAKED FISH.

[“HUNEKIAR” BALUCK PLAKI.]

#### Ingredients:

Red Mulletts .....12, small.  
Biscuits .....12.  
Parsley .....1 bunch.  
Garlic .....1 head, bulbs peeled.  
Lemons .....3.  
Red Wine .....1 cupful.  
Salt and pepper, to taste.

## FISH

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### Method:

Clean the fish properly and arrange side by side in a small, deep, flat pan, the bottom of which must be covered with one-half part of the finely crushed biscuits. Over this pour the wine and the juice of the lemons; also add the garlic, the bulbs of which must be peeled clean. Then sift over the finely cut parsley, season to taste, and, after covering the whole with plain water and with the rest of the crushed biscuits, bake in a moderately hot oven until done; the indication of which is the lowering of the water below the surface of the ingredients. Serve hot.

### 6. "SULTANA" OVEN-BAKED FISH.

["SULTANA" BALUCK FOUROUN.]

### Ingredients:

Fish .....	3 pounds.
White Wine .....	2 cupfuls.
Olive Oil .....	2 tablespoonfuls.
Garlic .....	1 head, bulbs peeled.
Biscuits .....	12, crushed.
Parsley .....	1 bunch.

Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Clean the fish properly; slice into pieces about two inches thick and leave in salt for one to two hours. Then wash the slices once more and arrange, side by side, in a deep, flat pan, over a layer of well crushed biscuits. This done, pour upon the fish, first the wine, then the olive oil and the juice of the garlic. After seasoning to taste, sift over the finely cut parsley; cover the whole with the rest of the crushed biscuits and bake in a moderately hot oven. The baking should be closely watched, and every ten minutes the surface must be dampened with a little water. Serve hot, with lemon.

### BROILED FISH.

#### List of Fish Suitable for Broiling.

Anchovies	Grayling	Scubs
Bass	Hake	Shad
Blue Fish	Halibut	Squeleagues
Butter Fish	Mackerel	Sword Fish
Flounders	Mullet, Red	Whiting
	Salmon	



## FISH

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### 7. BROILED FISH.

[BALUCK SCARA.]

#### Ingredients:

Fish .....	2 pounds.
Butter .....	½ tablespoonful.
Lemon .....	1.
Parsley .....	½ bunch.
	Salt, to taste.

#### Method:

Cleanse the fish properly—small ones, whole and large ones, in slices convenient to serve, or split in two parts, from head to tail—then rub each piece with salt, inside and out, and leave aside for two hours before broiling. When ready to broil, wash and dry each slice, coat with butter, and broil both sides on a gridiron over or in front of a moderate fire. Serve on lettuce leaves, and garnish with parsley, sliced lemons and red radishes.

Either one of the following sauces, suitable for broiled fish, may be served with the above, if desired:

*Sauce A:* Pour olive oil over the broiled fish, and squeeze lemon separately on it or beat the two together.

*Sauce B:* Mix well two tablespoonfuls of olive oil with the juice of two lemons and yolks of

## THE ORIENTAL COOK BOOK

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two hard boiled eggs, also one-half bunch of parsley, very finely cut.

*Sauce C:* Boil one-half cupful of water with a little salt, then take it away from the fire and blend with—gradually beating into it—two tablespoonfuls of olive oil and the juice of two lemons.

### 8. "MY HUSBAND'S" FAVORITE BROILED FISH.

[“CODJAM BEYENDI” BALUCK SCARA.]

#### Ingredients:

Blue Fish or Bass .....	2 pounds.
Onion .....	1, medium.
Parsley .....	½ bunch.
Vinegar .....	1 tablespoonful.
Plain Water .....	½ cupful.
Lemons .....	2.
Olive Oil .....	1 tablespoonful.

Salt and pepper, to taste.

#### Method:

Cleanse the fish properly, cut in pieces convenient for serving, and lay aside after rubbing with salt, two hours before broiling. When ready wash and dry each piece with cloth, and, after dipping lightly into flour, broil on both sides on a grid.

## FISH

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iron over moderate fire. Then chop the onion very fine and lay in a pan; arrange over this the broiled pieces of the fish; sprinkle the finely cut parsley on top, and after pouring the vinegar and the water over the whole, simmer on moderate fire until all the water is evaporated. Serve hot with lemon and olive oil, to taste.

### 9. GRILLED FISH ON SKEWERS.

[BALUCK SHISH KEBAB.]

#### Ingredients:

Fish .....	2 pounds.
White Wine .....	1 cupful.
Butter .....	1/2 tablespoonful.
Lemon .....	1.
Olive Oil .....	1 tablespoonful.
Salt and pepper, to taste.	

#### Method:

Cleanse the fish properly and cut in walnut-size squares in such way as to have skin left on one side of each piece, if possible. Season this with salt and pepper and leave in the wine for two hours. Then arrange the pieces on skewers (8 to 10 on each), piercing them through the skin side (the pieces without skin should be placed between those with skin). The deliciousness of this *Kebab*

## THE ORIENTAL COOK BOOK

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will be enhanced by placing laurel leaves between the fish pieces or by burning them on the fire beneath the skewers, at the time of broiling. When done, the fish pieces on the skewers should be slightly rubbed with butter and broiled over a fire until well done. Serve hot over green lettuce and with lemon and olive oil, to taste.

This *Baluck Shish-Kebab* may also be served with either of the sauces described in Style N under this chapter.

### FRIED FISH.

#### List of Fish Suitable for Frying.

Anchovies	Gudgeons	Pollack
Bass	Haddock	Scabs
Blue Fish	Hake	Shad
Butter Fish	Halibut	Skate
Carp	Ling	Smelts
Cod	Mackerel	Soles
Eel	Mullet, Red	Squealeagues
Flat Fish	Perch	Sword Fish
Flounders	Pike	Trout
Grayling	Plaice	Whiting

## FISH

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### 10. FRIED FISH.

[BALUCK TAVA.]

#### Ingredients:

Fish .....	2 pounds.
Flour .....	1 cupful.
Eggs .....	2.
Butter (or Olive Oil) ..	2 tablespoonfuls (or more).
Salt and pepper, to taste.	

#### Method:

Cleanse the fish properly, wash and dry well, and cut into pieces convenient for serving. Season with salt, to taste. This done, the pieces may either be dipped into flour (finely crushed biscuit will also serve the purpose) or in a medium thick batter made of flour and plain water blended with the eggs. Then fry in plenty of hot butter—olive oil preferred—until both sides are well browned. When serving, garnish with parsley and sliced lemons.

Note that fish frying should be started on a slow, but finished on a strong, fire. This method will help to fry the fish thoroughly, and at the same time make it very crisp.

# THE ORIENTAL COOK BOOK

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## 11. "BAKALIARO" FRIED.

[A Favorite Grecian Dish of Dried Fish.]

### Ingredients:

Dried Fish	.....1 pound, of Smoked Haddock.
Olive Oil	.....3 tablespoonfuls.
Flour	.....1 tablespoonful.
Eggs	.....2.
Garlic	.....1 head, the juice.
Vinegar	.....2 tablespoonfuls.

### Method:

Cut the dried fish into pieces suitable for serving and soak in plain water over night. When ready, boil it in fresh water for ten to fifteen minutes, and take the skin off. Also wash the pieces clean of salt, if any remains. Then make a thin batter of the flour and the eggs. Dip the fish into this and fry in the olive oil until rosy in color.

This dish may be served as it is, with a vegetable salad, but the Greeks prefer it with a sauce made of the juice of garlic mixed with vinegar, in a desirable proportion.

# FISH

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## BOILED FISH.

### List of Fish Suitable for Boiling.

Bass	Halibut	Skate
Blue Fish	Lamprey	Soles
Bream	Mackerel	Squealegues
Butter Fish	Pike	Sturgeon
Carp	Pollack	Sword Fish
Eel	Salmon	Trout
Flounders	Scubs	Turbot
Haddock	Shad	Weak Fish
Hake		Whiting

## 12. BROILED FISH. Armenian Style.

[ERMENI BALUCK TIRIT.]

### Ingredients:

Fish .....	2 pounds.
Eggs .....	3.
Lemons .....	2.
Butter .....	2 tablespoonfuls.
Parsley .....	1 bunch.
Bread .....	6 to 8 slices.
Salt and pepper, to taste.	

### Method:

Cleanse the fish properly and leave in salt for one to two hours. When ready, wash it well and boil in plain water—barely covering it—until nearly done. Then fry the bread slices in butter,

## THE ORIENTAL COOK BOOK

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on both sides, and arrange side by side in a deep, flat pan. This done, take the water in which the fish was boiled, and mix with it the beaten eggs and the juice of the lemons, also add the very finely cut parsley, and with one-half of this mixture moisten the fried bread in the pan. Over this lay the boiled fish and pour over the rest of the mixture. Now it is ready to simmer on very slow fire, until well done. Serve when hot.

### 13. BOILED FISH. Another Style.

[BALUCK HASHLAMA.]

#### Ingredients:

Fish .....	2 pounds.
Garlic .....	1 head, bulbs peeled.
Olive Oil .....	2 tablespoonfuls.
Wine .....	1/2 cupful.
Plain Water .....	1/2 cupful.
Lemons .....	2.
Parsley .....	1 bunch.
Salt and pepper, to taste.	

#### Method:

Cleanse the fish properly, leave in salt for one to two hours, then wash and dry with a cloth. This ready, crush the garlic and fry it in the olive oil in a deep pan. Over this lay the fish and, after



## FISH .

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adding the water, the wine, the juice of the lemons and the parsley—well chopped—season to taste and boil over moderate fire. Serve hot.

### 14. BOILED FISH WITH MAYONNAISE.

[BALUCK HASHLAMA TERBIEHLI.]

#### Ingredients:

Fish .....	2 pounds.
Parsley .....	2 bunches.
Eggs .....	3.
Lemons .....	2.
Olive Oil .....	2 tablespoonfuls.

Salt and pepper, to taste.

#### Method:

Cleanse the fish properly, and lay aside from one to two hours, then wash well and boil over moderate fire in water that barely covers it. When done, lay the fish on lettuce leaves on a platter and serve with mayonnaise made in the following manner:

Cut the parsley very fine and press well, then combine with the yolks of the eggs, the olive oil, the juice of the lemons, and salt and pepper.

## THE ORIENTAL COOK BOOK

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### 15. STUFFED MACKEREL.

[ISCUMERUE DOLMA.]

#### Ingredients:

Mackerel .....	6, small.
Olive Oil .....	3 tablespoonfuls.
Dry Onions .....	5, medium.
Lemon .....	1.
Eggs .....	2.
Parsley .....	1 bunch.
Curry .....	1 pinch.
Flour .....	2 tablespoonfuls.
Salt and pepper, to taste.	

#### Method:

Clean the fish properly, put in hot water for ten to fifteen minutes to cause them to become slack; then cut off the heads and break the backbones at the tail. After rolling them on a board under the palm of the hand, pull the backbones out very carefully through the neck ends, then wash, ready for stuffing. This done, prepare the following stuffing:

Chop the onions and fry them nearly brown in part of the olive oil, then add the parsley—finely cut—the curry, the salt and pepper to taste. With this mixture stuff each fish, and after dipping them in a batter made of the beaten eggs and

## FISH

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the flour (finely crushed biscuits will serve the purpose) fry in plenty of hot olive oil. Serve hot, garnished with greens and lemon.

### 16. STUFFED MACKEREL.

#### Another Style.

[ISCUMERUE DOLMA.]

#### Ingredients:

Mackerel .....	6, small.
Dry Onions .....	4, medium.
Green Onions .....	6.
Lemon .....	1.
Parsley .....	1 bunch.
Butter .....	2 tablespoonfuls.
Royal Paper .....	6 pieces.
Salt and pepper, to taste.	

#### Method:

After preparing the mackerel for stuffing according to directions given in the preceding recipe, No. 14, make the following mixture ready for stuffing:

Chop the dry and green onions well, also the parsley, and mix with the butter, the juice of the lemon and salt and pepper to taste. With this stuff the fish and wrap them in oiled paper (Royal Paper) which should be cut suitably—the ends

## THE ORIENTAL COOK BOOK

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folded in after wrapping. When all is ready, rub a little more oil over the wrapping and bake on a gridiron over a mild fire.

Serve hot, with lemon.

### 17. FISH CROQUETTES.

#### Oriental Style.

[BALUCK *KEOFTEH*.]

#### Ingredients:

Fish .....	2 pounds.
Eggs .....	3.
Parsley .....	1 bunch.
Biscuits .....	10 or 12, crushed.
Butter (or Olive Oil) ..	2 tablespoonfuls (or more).
Salt and pepper, to taste.	

#### Method:

Clean the fish properly and boil in plain water until nearly done, then mince well and mix with the eggs. Add the parsley well chopped, and season to taste; after putting it into forefinger shapes and sizes or into egg-sized pieces, either in round or flat form, dip in the finely crushed biscuits and fry in plenty of hot butter or olive oil.

Dish out these *Keofteh* on lettuce and garnish with green mint, parsley or sliced lemons, serve with either of the sauces described in Style No. 7 in this chapter.

# FISH

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## PICKLED AND SALTED FISH.

### List of Fish Suitable for Pickling and Salting.

Anchovies	Mackerel	Sword Fish
Blue Fish	Mullet, Red	Trout
Herrings		Salmon

### 18. SALTED FISH.

[TCHEREZ BALUCK.]

#### Ingredients:

Fish .....	5 pounds.
Salt .....	5 pounds.
Garlic .....	1 head.

#### Method:

Cut off the head and tail, clean properly, split in two, lengthwise, take out the backbone and slice pieces of about one inch in thickness in such a way as to leave each piece with skin on one side. Salt all the pieces thickly and leave for twenty-four hours, after which time they should be put in a small wooden keg and covered with a cloth. After ten to fifteen days, the fish may be considered ready for serving as a relish.

It is well to rub the juice of one head or more pressed garlic over the slices, when they are left in the salt at the beginning.

# THE ORIENTAL COOK BOOK

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## 19. PICKLED FISH.

[TOURSHIOU BALUCK.]

### Ingredients:

Fish .....5 pounds.  
Salt .....5 pounds.

### Method:

Cut the head off of the fish and salt them heavily, leaving them in a basket for twenty-four hours. Then take and shake them one by one, and arrange closely in a small keg, one alongside of another, salting each row. This done, place a fitting board over the fish, and on top of this a heavy weight—by this means causing the oil in the fish to be pressed out. This oil must be absorbed and removed with the aid of cotton, every day or so, until there is no more given out.

After ten to fifteen days the fish may be considered ready for serving as a relish.

## FISH

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### 20. PICKLED FISH. Another Style. [SALAMOUR BALUCK.] "Palamoud."

#### Ingredients:

Spanish Mackerel .....5 pounds.  
Salt .....5 pounds.

#### Method:

Cleanse the mackerel properly, cut the heads off and slice into round pieces of two-inch thickness and with the aid of a wire take out the marrow in the backbone. This done, wash each piece well and, after dipping in salt, place in a small keg side by side. Salt each row lightly and arrange the next row on the top of the first, and so on. Then place a fitting board over the fish and cause it to be pressed down with the aid of a heavy weight. In a few days oil and water is to be seen coming out of the fish slices. This should be absorbed and removed with cotton, until it discharges no more.

But in case water does not come out of it, use a still heavier weight and pour some salty water over the fish.

After ten to fifteen days the fish may be considered ready for serving as a relish.

# THE ORIENTAL COOK BOOK

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## 21. SARDINES.

[SARDELA.]

### Ingredients:

Herrings.....5 pounds.	} More in proportion.
Salt.....5 pounds.	

### Method:

Without cleansing the insides of the herrings, wash them with plain water, and, after covering the bottom of a wooden keg with salt, to a thickness of one inch, arrange them side by side very closely and salt each row. Do this until the brim of the barrel is reached. Over this then place a fitting board and cause the fish to be pressed down with the aid of a heavy weight. When oil and water are seen discharging from the fish, the mixture must be sponged off immediately, and the process repeated as often as necessary for ten to fifteen days, at the end of which time the sardines may be considered ready for serving as a relish.



# OYSTERS

[MIDIA.]

## 1. BAKED OYSTERS.

[MIDIA PLAKI.]

### Ingredients:

Oysters .....	2 dozen.
Ripe Tomatoes.....	3 (or 4 to 5 tablespoonfuls of canned tomatoes).
Olive Oil .....	3 tablespoonfuls.
Flour .....	1 tablespoonful.
Garlic .....	1 head, bulbs peeled.
Lemons .....	1 or 2.
Plain Water .....	$\frac{3}{4}$ cupful or 1.
Salt and pepper, to taste.	

### Method:

In a deep flat pan place all of the above ingredients—taking the juice of the lemon, making a batter of the flour, and either pressing the tomatoes or slicing them fine. Season the whole to taste, adding the olive oil and garlic with the water. This mixture should be simmered for twenty to twenty-five minutes, when the oysters should be put in, arranging side by side. Then continue sim-

## THE ORIENTAL COOK BOOK

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mering for fifteen to twenty minutes longer, in a hot oven.

Serve this hot or cold, with more lemon, if desired.

### 2. **BAKED OYSTERS.** Another Style.

[MIDIA PLAKI.]

#### Ingredients:

Oysters .....2 dozen.  
Garlic .....1 head, bulbs peeled.  
Parsley .....1 bunch.  
Olive Oil .....3 tablespoonfuls.  
Ripe Tomatoes..... 3 (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Plain Water .....1 cupful.  
Salt and pepper, to taste.

#### Method:

Mix the above ingredients in like manner as described in the preceding recipe and boil them for fifteen to twenty minutes over a moderate fire. Then arrange the oysters in the same vessel, and continue cooking fifteen to twenty minutes longer in a hot oven.

Serve hot or cold with lemon.

## OYSTERS

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### 3. OYSTERS BAKED WITH TOMATOES.

[MEDIA PLAKI DOMATESLI.]

#### Ingredients:

Oysters .....2 dozen.  
Dry Onions ..... 3, medium.  
Ripe Tomatoes..... 5 (or 6 to 7 tablespoonfuls  
of canned tomatoes).  
Parsley .....1 bunch.  
Garlic .....1 head, bulbs peeled.  
Olive Oil .....2 tablespoonfuls.  
Plain Water ..... $\frac{1}{2}$  cupful.  
Salt and pepper, to taste.

#### Method:

Slice the onions and the tomatoes and arrange them alternately on top of one another in a moderately deep vessel; to this add the rest of the ingredients—the parsley finely cut, and boil on medium fire until nearly done. Then add the oysters, season to taste, and continue simmering on a slow fire or in a hot oven for fifteen to twenty minutes.

Serve hot or cold, with lemon.

# THE ORIENTAL COOK BOOK

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## 4. REGAL STYLE BAKED OYSTERS.

[HUKUMEDAR MIDIA FLAKI.]

### Ingredients:

Oysters .....	11½ dozen.
Tomatoes .....	9, ripe.
Garlic .....	1 head, peeled and pressed.
Parsley .....	1 bunch.
Olive Oil .....	3 tablespoonfuls.
Biscuits .....	6 to 8, crushed.
Salt and pepper, to taste.	

### Method:

Cut the tomatoes into halves, cross-wise, and arrange them side by side in a deep, flat pan, the cut surfaces upward; place one oyster on each half of the tomatoes, also add evenly the pressed garlic and the finely cut parsley; season to taste and pour the olive oil over the whole. Then, after lightly covering the entire surface with the crushed biscuits, bake in a moderately hot oven until done.

Serve hot or cold, with lemon, if desired.

## OYSTERS

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### 5. FRIED OYSTERS.

[MEDIA TAVA.]

#### Ingredients:

Oysters .....2 dozen.  
Biscuits ..... 6 to 8, crushed.  
Butter or Olive Oil..... 2 to 3 tablespoonfuls,  
respectively.  
Whiskey .....1 tablespoonful.  
Salt and pepper, to taste.

#### Sauce:

Olive Oil .....1 tablespoonful.  
Vinegar .....1 tablespoonful.  
Garlic..... 5 to 6 bulbs, peeled and pressed.

#### Method:

One hour before frying, roll the oysters either in flour or in very finely crushed biscuits, season to taste, and leave on a piece of white muslin to absorb the surplus moisture. When ready to fry, sprinkle the whiskey over them; then remove from cloth and fry in plenty of hot butter or olive oil—the latter preferred.

Serve these garnished with parsley, and serve with a sauce made of the ingredients given above. For this, thoroughly mix the olive oil, vinegar and the juice of the garlic, adding a pinch of salt.

# THE ORIENTAL COOK BOOK

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## 6. FRIED OYSTERS. Another Style.

[MEDIA TAVA.]

### Ingredients:

Oysters .....2 dozen.  
Flour .....1 tablespoonful or more.  
Eggs .....3.  
Whiskey .....1 tablespoonful.  
Butter or Olive Oil..... 2 to 3 tablespoonfuls,  
respectively.

Salt and pepper, to taste.

### Method:

After preparing the oysters for frying according to the foregoing recipe, No. 5, make some moderately thin batter of the yolks of the eggs and the flour, and coat the oysters with it. Then start frying them in the butter or olive oil first on a slow fire, but later on a more vigorous one. This method of frying will help the oysters to become thoroughly done and very crisp.

This style of fried oysters may be served also with the same kind of sauce described in the preceding style, No. 5.

## OYSTERS

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### 7. STUFFED OYSTERS. (Mussels.)

[MEDIA DOLMA.]

#### Ingredients:

Oysters in shell .....	2 dozen.
Dry Onions .....	1 for each oyster.
Rice .....	1/2 cupful.
Pistachio Nuts .....	1/2 cupful, minced.
Cloves .....	3 to 4 pieces.
Olive Oil .....	3 tablespoonfuls.
Tomatoes... 3 to 4, ripe (or 4 to 5 tablespoonfuls of canned tomatoes).	
Parsley .....	1 bunch.
Salt and pepper, to taste.	

#### Method:

Select large oysters in the shells, scrape and wash the shells well, and open carefully without breaking them wholly apart, leaving each oyster attached to one-half of the shell and the other half empty, ready for stuffing. Then prepare the following mixture:

After you have taken the right number of onions, chop them all fine and fry in olive oil until brown. To this add the rice, which must be well cleansed and washed—the pistachio, the cloves and the parsley, also cut very fine. Season to taste, mix well, and continue frying all together for fifteen to twenty minutes.

## THE ORIENTAL COOK BOOK

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When this mixture is sufficiently cold, stuff the empty halves of the shells with it, then press the two halves together again, as before, and pack closely, one layer on top of another, in a deep vessel. When this is done, place a plate upside down over the stuffed shells, as a weight, to prevent their mingling together as they are being boiled. Place the vessel on a slow fire for ten or twelve minutes, then remove the plate temporarily, slice the tomatoes over the shells, cover with water, replace the plate, and boil on a medium fire until the rice is well done.

Serve either hot or cold, with lemon, if desired. In eating these stuffed oysters, the shells should be opened and the contents removed either with a fork, or, better still, with a spoon.

### 8. OYSTER-STUFFED TOMATOES.

[MIDIALI DOMATES DOLMA.]

#### Ingredients:

Oysters .....1 dozen.  
Tomatoes .....1 dozen, large and round.  
Dry Onions ..... 3 to 4, medium.  
Garlic ..... 4 to 5 bulbs, peeled.  
Parsley .....1 bunch.  
Biscuits ..... 5 to 6, finely crushed.  
Salt and pepper, to taste.



## OYSTERS

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### Method:

First of all, prepare the stuffing in the following manner: Chop the oysters, onions, garlic and parsley well together; then add the biscuits finely crushed, and season to taste. This done, prepare the tomatoes, thus:

Cut each tomato at the top, nearly all the way around, but leaving the top attached to the rest, in order to act as a lid; then dig out the insides with the aid of a pointed knife or a spoon. They should then be stuffed lightly with the mixture, and each stuffed tomato pierced with a fork to enable it to cook thoroughly and quickly. When all tomatoes are stuffed, pack them closely side by side, in a deep, flat pan, covering the top with a little crushed biscuits. After pouring plain water over the whole, nearly up to the top, place in a moderately hot oven until done.

# LOBSTER

[STACQZ.]

*The Preparation of Lobster  
For Boiling, Broiling and Other Purposes.*

First of all, it is better that the lobsters should be secured when alive, and especially those that are active, with the shells clear and of medium size. Then, before placing them in water for boiling, or over a fire, for broiling, see that the claws are well plugged at the joints, with small wooden plugs. Also that the tails are well folded inward over the bellies, to prevent the soft flesh—which is almost in liquid form when the lobster is alive—from being discharged from the shells. It is only by this means that good results are obtained in boiling or broiling lobsters. Without the use of the plugs or of the folding of the tail inward, lobsters will discharge their liquid flesh, leaving the whole shell almost empty.

If many of them are to be boiled at one time, it is better to arrange them tightly, side by side, in a deep vessel, set over their turned tails, and

## LOBSTERS

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pour boiling water on to kill them instantly. Then boil them in the regular way.

Lobsters must be put in boiling water head first, and should not be boiled too long, because long boiling will make the flesh harder and thready. Lobsters should also be broiled quickly over a moderate fire.

Boiled lobsters turn to a red color, which is quite a sure sign of their being done.

For baking and salad purposes, lobsters should first be boiled or broiled and then used, of course, after taking the flesh out of the shells.

### 1. BOILED LOBSTER WITH MAYONNAISE.

[STACUZ HASHLAMA, TERBIEHLL.]

#### Ingredients:

Lobsters .....2.  
Salt .....1 tablespoonful.

#### Sauce:

Olive Oil .....2 tablespoonfuls.  
Eggs ..... 3.  
Lemons .....2.  
Parsley .....1 bunch.

Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Have plenty of water—salted quite freely—boiling in a deep vessel; then, after plugging the claws and folding the tail inward over the belly, dip the lobsters into the water and boil for twenty or twenty-five minutes.

Serve it either by cutting the whole into two parts or by taking the meat out of the shells. Dish out on lettuce and use the following mayonnaise sauce:

Mix the olive oil, the juice of the lemons, the yolks of the hard boiled eggs, and the parsley—cut fine—until all are well blended. Season to taste.

### 2. LOBSTER SALAD.

[STACCOZ SALATA.]

#### Ingredients:

Lobsters .....2.  
Salt .....1 tablespoonful.

#### Sauce (Style A):

Olive Oil .....2 tablespoonfuls.  
Lemons .....2.

#### Sauce (Style B):

Walnuts..... 3 to 4, shucked and chopped.  
Garlic ..... 4 to 5 bulbs, pressed.  
Vinegar .....1 tablespoonful.  
Olive Oil .....1 tablespoonful.  
Parsley .....1 bunch.

Salt and pepper, to taste.

## LOBSTERS

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### Method:

After boiling the lobsters as directed in the foregoing recipe, No. 1, take the meat out of the shells, serve on lettuce, and use over it either Sauce Style A, which is plain olive oil and lemon juice, sprinkled over the lobster and seasoned to taste; or the Sauce Style B, which is prepared in the following way:

Take the walnut and the garlic and mince them well together; with this mix the vinegar. Then add the olive oil, the well cut and pressed parsley and season to taste.

### 3. BROILED LOBSTER.

[STACCOZ SCARA.]

### Ingredients:

Lobster .....1.  
Salt ..... 3 to 4 pinches.

### Method:

To broil lobster, it is better first to prepare it as if for boiling, as directed in the preceding style, No. 1, and after immersing it into boiling

## THE ORIENTAL COOK BOOK

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salty water, in order to destroy life instantly, take it out and broil on a moderate fire. When ready, serve with either the mayonnaise sauce (see Lobster No. 1) or with the sauce styles A or B (see Lobster No. 2).

### 4. BAKED LOBSTER.

[STACOSZ PLAKI.]

#### Ingredients:

Lobsters .....	2.
Crackers .....	10 to 12.
Parsley .....	1 bunch.
Garlic .....	1 head, bulbs peeled.
Lemons .....	2.
Red Wine .....	½ to 1 cupful.

Salt and pepper, to taste.

#### Method:

Boil the lobster, as directed in recipe 1, take the meat out of the shells, and chop finely. Then cover the bottom of a small deep vessel with one-half of the finely crushed crackers, and place the chopped lobster over it. To this add the wine, the juice of the lemons, also the garlic, and over this sift the finely chopped parsley. Season to taste,

## LOBSTERS

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and after barely covering the whole with plain water and the remaining half of the crushed crackers, bake it in a moderately hot oven until done, the indication of which is the lowering of the water much below the surface of the ingredients. Serve hot.

# MACARONI

[MAKARNA.]

Macaroni is not originally an Oriental dish, but it is used there, or rather in large cities of the Orient, quite extensively.

Still, this farinaceous preparation is replaced by the Orientals with a preparation of similar character, called *Shehri*, which is none other than the well-known noodles.

The Oriental noodles (*Shehri*) is composed of pure wheat flour and eggs—(3 to 4 eggs for each pound of flour)—made into a very stiff paste with plain water. This paste is shaped into small cakes, and opened flat with the aid of a roller, into 12 to 15 inches in diameter, one-eighth of an inch or less in thickness. When nearly dry, these are piled 5 to 6 deep and cut with a sharp knife into 2 to 2½ inch lengths and about one-eighth of an inch wide. When all the dried batter is thus chopped, it is spread over metal trays and dried further in the sun. Later the trays are placed in a



## MACARONI

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hot oven for still more drying, to avoid the least dampness that may have remained.

As it is readily seen, this process of making of the Oriental *Shehri* is quite old-fashioned, and, like most things Oriental, it has been kept unchanged by the slumber of self-seeking pleasure and content for centuries.

Nowhere else in the world, it seems, the saying, "Let well enough alone," has had more adherents than in the Orient.

### 1. BOILED MACARONI.

[MAKARNA SADEH.]

#### Ingredients:

Macaroni .....	1/2 pound.
Broth .....	3 to 4 cupfuls.
* Balkan Cheese.....	4-5 tablespoonfuls, grated.
Butter .....	1 tablespoonful.

Salt and pepper, to taste.

#### Method:

To one part of macaroni use six parts of water, boil on a moderate fire until half done and strain well. Then add an equal part of broth to it,

\* See Special List of Oriental Ingredients.

## THE ORIENTAL COOK BOOK

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season to taste and continue boiling until all the water evaporates. This done, add one-half of the well-grated Balkan Cheese to the macaroni and shake well. Then pour over the whole the butter, heated, and when ready to serve, spread over the remainder of the grated cheese.

The Balkan Cheese may be substituted with a local variety.

### 2. MACARONI OVEN-BAKED.

[MAKARNA FOUROUN.]

#### Ingredients:

Macaroni .....  $\frac{1}{2}$  to  $\frac{3}{4}$  pound.  
Butter ..... 2 tablespoonfuls.  
Crackers ..... 8 to 10, crushed.  
Salt and pepper, to taste.

#### Method:

Take six measures of plain water to one measure of macaroni, boil until nearly done, strain well and leave to cool. Then grease the inside of a flat pan with a little butter, and put the macaroni into it. Season to taste, add the one-half of the butter in melted condition, spreading over the whole the well-crushed crackers. This done, place the pan over a slow fire for 10 to 15 minutes.

## MACARONI

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After this the remaining butter should be heated to the burning point and poured over the macaroni, and the pan placed in a moderately hot oven, until the surface of its contents is well browned.

### 3. MACARONI WITH HASH.

[KEYMALI MAKARNA.]

#### Ingredients :

Macaroni ..... $\frac{1}{2}$ - $\frac{3}{4}$  pound.  
Minced Meat ..... $\frac{1}{2}$  pound, lamb.  
Butter ..... 1 to  $1\frac{1}{2}$  tablespoonfuls.  
Cinnamon ..... 2 pinches, powdered.  
Salt and pepper, to taste.

#### Method :

Take one part macaroni and boil it well in six parts of water. Then, after straining, add to it the butter and place on a slow fire until all the water is evaporated. This done, take a separate deep pan and put into it alternately and in two to three layers the macaroni and the minced boiled meat, which is better if fried first in butter, meanwhile seasoning the whole to taste with the salt and pepper and cinnamon. Finally, place the pan in a moderately hot oven until the surface is browned.

# THE ORIENTAL COOK BOOK

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## 4. \* ORIENTAL NOODLES.

[SHEHRI.]

### Ingredients:

Shehri..... ½ pound.  
Butter ..... 1 to 1½ tablespoonfuls.  
Hard Cheese .....2 tablespoonfuls, grated.  
Salt and pepper, to taste.

### Method:

Take one measure of Shehri, and boil in four to five times the quantity of water, pouring in the Shehri when the water is boiling. When it is almost done, strain and add to it the butter after heating it to the burning point. Then place the vessel containing the Shehri in a moderately hot oven until the remaining water evaporates.

\* See Special List of Oriental Ingredients.

## MACARONI

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### 5. \*ARMENIAN "HERISSA."

[KESHKEGH.]

Note.—"Herissa" is to the Armenians what Turkish *Pilaf* is to the Turks—their national dish.

#### Ingredients:

Meat .....1 pound, of lamb or chicken.  
† Wheat (special)—  
                  3 cupfuls (not cracked but pounded).  
Broth ..... 8 to 10 cupfuls.  
Butter .....2 tablespoonfuls (or more).  
Cinnamon ..... 3 pinches.  
                  Salt and pepper, to taste.

#### Method:

Take either fillet of lamb or chicken, or turkey meat (without bones), boil for an hour or longer, and shred into very fine thready pieces, with your fingers. Then take the special wheat, prepared for this purpose, in quantity designated above, and which must be soaked in water for eight to ten hours previous to the boiling, and after seasoning the meat and the wheat with salt, boil in one-half of the broth in a big vessel, gradually adding the rest of the broth. During the process of boiling, it

\* See Special List of Oriental Ingredients.

† See Special List of Oriental Ingredients. Barley may be used instead.

## THE ORIENTAL COOK BOOK

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is necessary to stir and pound the mixture continually, with the aid of a heavy wooden spoon, until such time when the meat threads almost become melted.

When serving in plates, pour over each share hot butter and shake pepper and powdered cinnamon to taste.

### 6. SPAGHETTI WITH SAUCE.

[SALTZALI ISPEGHETTI.]

#### Ingredients:

Spaghetti.....  $\frac{1}{4}$  pound.  
Plain Water .....2 cupfuls (or more).  
Butter .....1 tablespoonful.  
Tomatoes..... 2 ripe, (2 to 3 tablespoonfuls  
of canned tomatoes).  
Salt, to taste.

#### Method:

Heat the butter and in it cut the tomatoes, allowing to fry for 10 to 12 minutes; then add gradually the plain water, and when the whole begins to boil, throw in the spaghetti cut into three to four inch lengths. Season to taste and boil over a medium fire until done, and the water nearly evaporates. Two peeled bulbs of garlic if boiled with this spaghetti will add much to its flavor.

Serve with or without grated hard cheese.

## MACARONI

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### 7. SPAGHETTI WITH SAUSE.

#### Another Style.

[SALTZALI ISPAGHETTI.]

#### Ingredients:

Spaghetti ..... $\frac{1}{2}$  pound.  
Plain Water ..... 3 to 4 cupfuls.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Butter .....1 tablespoonful (or more).  
Salt, to taste.

#### Method:

Cut the spaghetti into four to five inch pieces and put in the plain boiling water. Boil until it is nearly done and strain; then in a separate pan melt the butter, cut into it the tomatoes, season to taste and boil for 10 to 12 minutes. This ready, pour it over the strained spaghetti and mix. Serve with or without grated hard cheese. Two peeled bulbs of garlic if boiled with this style of spaghetti will add much to its flavor.

## THE ORIENTAL COOK BOOK

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### 8. SPAGHETTI WITH MINCED MEAT.

[KEYMALI ISPAGHETTI.]

#### Ingredients:

Meat ..... $\frac{1}{2}$  pound of lamb or mutton, ground.  
Onions .....2, medium.  
Spaghetti ..... $\frac{1}{2}$  pound.  
Butter .....2 tablespoonfuls.  
Broth (or plain water)..... 3 to 4 cupfuls.  
Tomatoes..... 2, ripe (or 2 to 3 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Mince the meat well and, after mixing it with the chopped onions, season to taste and fry in one-half of the butter for 10 to 15 minutes. Also, in a separate vessel heat the rest of the butter, adding the tomatoes, and fry for 10 to 15 minutes. This done, pour in the broth (or plain water), and when it comes to the boil, add the spaghetti, cut into suitable lengths, and boil until done—when the fried minced meat should be added to, and kept on slow fire for five to eight minutes longer. Serve hot.



## BROILED MEATS

Broiled meat or fowls are in great favor in the Orient, and are done generally on wooden or iron spits, in front of or over a charcoal fire. Chops, however, are broiled only with the aid of gridirons.

*Kebabs*, or broils, being daily used, not because of their common character, but for their much-loved and nutritious qualities, special fire-places and other arrangements are in vogue everywhere in the Orient, either in public cafes or private homes.

Broiling in the Orient is generally done over charcoal or wood fire, but coal or gas fire may be used as a substitute if charcoal is wanting.

### 1. BROILED RABBIT.

#### Sheep or Lamb, Whole.

[ADA TAVSHAN SHISH-KEBAB.] KOYOUN, KOUZOU.

#### Ingredients:

Rabbit .....1, skinned.  
Butter .....in quantity required to cover with.

## THE ORIENTAL COOK BOOK

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### Method:

Take the skinned rabbit, cut off its fore and hind feet, and tie each pair of them together so as to prevent their stretching too far apart. This done, put a long iron spit through it—from the throat to the back—cover it well with butter and broil it in front of, or over, a charcoal fire, turning it constantly in order to have all sides of it done evenly. A pan should be placed under the broiling rabbit, for gathering the dripping fat, which can be served with the broil as sauce.

Dish out garnished with vegetables.

Note.—A whole sheep or lamb may be treated in same way as the rabbit.

## 2. BROILED GOOSE.

[CAZ SHISH-KEBAB.]

### Ingredients:

Goose .....1, fat.  
Butter .....in quantity required to cover.

### Method:

Clean the goose in like manner as you would clean a chicken for boiling, then tie the legs and put an iron spit through it—from the neck to the back—cover it, slightly, with butter, and broil in

## BROILED MEATS

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front of, or over, a strong charcoal fire. Save the dripping fat by placing a pan under, and use it as sauce.

Dish out garnished with vegetables.

### 3. BROILED DUCK.

[EORDECK SHISH-KEBAB.]

This Kebab is prepared in exactly the same way as the Broiled Goose in the preceding recipe, also served in like manner.

### 4. BROILED QUAIL, OR PIGEON.

[BILDIRJIN SCARA-KEBAB.]—GUYERJIN.

#### Ingredients:

Quails..... 2 to 4.  
Butter .....in quantity required to cover.  
Biscuits ..... 8 to 10, crushed.

#### Sauce:

Dry Onion .....1, medium.  
Broth .....1 cupful.  
Lemon .....1.

Salt and pepper, to taste.

#### Method:

Clean the quail and open flat by cutting open its breast, and fry in butter until half done; then

## THE ORIENTAL COOK BOOK

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place it under a weight, for several minutes, to prevent curling. This done, the quail should be dipped in melted butter, covered with finely crushed biscuits and broiled on a gridiron over a strong fire.

When serving use the following sauce:

Take the butter in which the quail was fried, chop into it the onion and fry until pink, then add the broth, season to taste, and boil until only one-half of its former quantity remains. This done, squeeze the lemon in it.

### 5. BROILED TURKEY, OR CHICKEN.

[HINDI SHISH-KEBAB.]—TAVOUK.

#### Ingredients:

Turkey .....	1, fat.
Butter .....	in quantity required to cover.
Lemon .....	1.

#### Method:

Clean the turkey or the chicken in like manner as you would if for boiling; then tie the legs together and, after putting the iron spit through it—from neck to back—cover slightly with butter and broil in front of, or over, a charcoal fire.

## BROILED MEATS

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When nearly done, rub the lemon over it to cause it to broil rosy in color.

Serve in large oval plate, garnished suitably with vegetables. Sauce can be prepared from the dripping fat after the style described in the foregoing recipe, No. 4.

### 6. BROILED PULLET.

[PILIDGE SHISH-KEBAB.]

#### Ingredients:

Pullets..... 1 to 4 (in desired number).  
Butter.....in quantity required to cover each.  
Lemon ..... 1.

#### Method:

Clean the pullets, tie the legs, and after arranging them over an iron spit, coat with butter slightly, and broil in front of, or over, a strong fire. Rub the lemon on the broiling pullets before they are done, as this will cause them to become rosy in color. Save the dripping fat and make a sauce of it, as directed in the preceding style, No. 4. Serve in a large plate, fittingly garnished with vegetables.

## THE ORIENTAL COOK BOOK

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### 7. \* "CUMMIN" BROILED MEAT.

[KIMIONLOU SHISH-KEBAB.]

#### Ingredients:

Meat.....1 pound fillet of beef, mutton or lamb.  
Olive Oil .....2 tablespoonfuls.  
Cummin ..... 1 to 2 pinches.  
Butter .....1 tablespoonful.  
Salty water, to taste.

#### Method:

Take a good fillet, cut into small egg-sized pieces, and put into a deep plate with the olive oil and the Cummin, in desired quantity, and leave to rest for a few hours. The olive oil serves to keep the meat tender. Then arrange the meat pieces over iron skewers and broil on a fire. During the process of broiling the meat should be dampened with salty water; also some butter should be slightly rubbed over it.

Serve with a vegetable salad.

### 8. "REVOLVING SPIT" BROILING.

[DEONER KEBAB.]

#### Ingredients:

Meat—2 pounds, beef or mutton or lamb (or in desired quantity).

\* See Special List of Oriental Ingredients.

## BROILED MEATS

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### Method:

Arrange the fillets, the size of the palm of the hand, and but half an inch thick, on a long iron spit and broil by turning it in front of charcoal fire. The outside parts, which naturally get roasted first, should be constantly trimmed and served. Save the dripping fat and use as gravy. Serve with a vegetable salad.

Note.—The instrument used in making this famous Oriental Kebab has a special arrangement. It consists of a standing charcoal fireplace and a wheel arrangement attached at the top to turn around in front of it. When the spit with the meat is fixed in its proper place it at once begins to revolve with one or two occasional moves of the wheel by the hand.

### 9. \* "PIDEH" WITH LAMB GRILLED ON SKEWERS.

[PIDEHLI SHISH-KEBAB.]

### Ingredients:

Meat ..... $\frac{1}{2}$  pound fillet of lamb.  
Butter .....1 tablespoonful.  
Pideh..... 2 to 3 (approximately 8 to 10 inches  
in diameter each).  
† Matzoun .....  $\frac{1}{2}$  to 1 cupful.

\* See Special List of Oriental Ingredients.

† See "EXTRAS," page 326.

## THE ORIENTAL COOK BOOK

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### Method:

Cut the fillet of mutton or lamb into walnut-sized pieces, arrange each six to eight pieces on wooden or iron skewers, and after rubbing them slightly with butter broil over charcoal (or coal) fire. While this is being done, prepare the *Pideh* in the following manner:

Toast the *Pideh* (flat bread) over the fire, and moisten slightly with melted butter. Then cut into small pieces, arrange in a deep plate, and after sprinkling some more hot butter over it, place the *Kebab* on top. Season to taste with salt and pepper.

With many, it is customary to use *Matzoun* over it, in a small quantity, which is believed to increase its delicious quality immensely.

### 10. "TRUE" GRILLED MEAT ON SKEWERS.

[TASS SHISH-KEBAB.]

#### Ingredients:

Meat . . . . 1/2 pound fillet of beef, mutton or lamb.  
Onion . . . . . 1, medium.  
Thyme . . . . . 1 pinch.  
Broth . . . . . 2 cupfuls.  
Salt and pepper, to taste.



## BROILED MEATS

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### Method:

Cut the meat into walnut-sized pieces, chop the onion very fine, and after mixing both together with the thyme, season to taste and leave aside for two or three hours. When ready, arrange the meat pieces over iron skewers, and while these are being broiled over strong fire, have the hot broth ready in which should be placed the broiled *Kebab*. When through, place the vessel—containing the broth with the broil—over slow fire and let it simmer for 15 to 20 minutes. Serve hot.

### 11. “TRUE” BROILED MEAT.

#### Another Style.

[TASS KEBAB.]

### Ingredients:

Meat . . . . 1/2 pound fillet of beef, mutton or lamb.  
Butter . . . . . 1 tablespoonful.  
Onions . . . . . 2, medium.  
Thyme . . . . . 1 pinch.  
Tomatoes . . . 3 to 4, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Plain Water . . . . . 1/2 cupful.  
Salt and pepper, to taste.

### Method:

Cut the fillet into walnut-sized pieces and fry in butter for five minutes. Then add the onions,

## THE ORIENTAL COOK BOOK

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finely chopped, also the thyme and continue frying for 10 to 15 minutes longer, on a slow fire. This done, take out the meat with the aid of a strainer, and to the remaining fat add the tomatoes, cut in small pieces, and the water, and boil for four or five minutes. When this is ready add to the latter the fried meat, season to taste and place the whole over slow fire to simmer eight or ten minutes. Serve hot with a lettuce salad.

### 12. "BIRD-HEAD" GRILLED MEAT ON SKEWERS.

[KOUSH-BASHI SHISH-KEBAB.]

#### Ingredients:

Meat ..... $\frac{1}{2}$  pound fillet of mutton or lamb.  
Dry Onion .....1, medium.  
Thyme .....1 pinch.  
Parsley ..... $\frac{1}{2}$  bunch.  
Salt and pepper, to taste.

#### Method:

Cut the fillet into "bird-head" size pieces, mix it well with the finely chopped onion and thyme and leave aside for two or three hours. When ready, arrange the meat pieces over wooden or

## BROILED MEATS

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iron skewers, season to taste and broil over strong fire.

Serve on lettuce leaves, the parsley finely chopped and sprinkled over it.

### 13. BROILED MEAT A LA "SMYRNA."

[IZMIR KEBAB.]

#### Ingredients:

Meat .....1 pound fillet of beef, mutton or lamb.  
Olive Oil .....1 tablespoonful.  
Dry Onions .....2, medium.  
Thyme .....1 pinch.  
Salt and pepper, to taste.

#### Method:

Take a fillet or any kind of meat suitable for steak. Cut into pieces one-half inch thick and the size of the palm of the hand. Then chop, finely, the onions, and arrange alternately with the meat in a deep plate. Over this pour the olive oil, which will help the meat to become very tender. It is better to leave the meat in that condition for five or six hours, or even over night. When ready, season it with the thyme and salt and pepper to taste, and broil over strong fire on a gridiron. Serve hot, with a vegetable salad.

# THE ORIENTAL COOK BOOK

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## 14. BROILED STEAK IN PAPER.

[KIAGHID KULEBASDI.]

### Ingredients:

Meat .....1 pound fillet of beef, mutton or lamb.  
Butter .....in quantity required to cover.  
“Royal” oiled paper—  
    in quantity required to wrap the pieces of  
    meat in.  
    Salt and pepper, to taste.

### Method:

Cut the fillet, or any other suitable meat, in small steaks, but quite thin, and season to taste. Rub all round with butter, and wrap in “Royal” oiled paper properly. Arrange all in a flat pan and place in hot oven, until well done. Serve with a vegetable salad, and with fried potatoes, if desired.

## 15. BROILED LAMB CHOPS.

[KOUZOU KULEBASDI.]

### Ingredients:

Meat..... 4 to 6 chops of mutton or lamb.  
Olive Oil ..... 1 tablespoonful.  
Thyme .....1 pinch.  
    Salt and pepper, to taste.

## BROILED MEATS

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### Method:

Season the chops to taste, and after rubbing the olive oil over them, sift over the thyme, broil on gridiron over medium fire. Care should be taken that one side of the chops is done more than the other, which will aid not only to make them thoroughly broiled, but also become crisp. Serve garnished with vegetables.

### 16. BROILED LAMB CHOPS.

#### Another Style.

[KOUZOU KULEBASDI.]

### Ingredients:

Meat..... 4 to 6 chops of mutton or lamb.  
Butter .....1 tablespoonful.  
Thyme .....1 pinch or more.  
Crackers ..... 8 to 10, crushed.  
Salt and pepper, to taste.

### Method:

Season the chops to taste, sift over the thyme, and after dipping them into the melted butter, roll in the finely crushed crackers and broil on a gridiron over a medium fire, allowing from five to eight minutes for each side to get cooked. Serve hot, garnished with suitable vegetables.

# THE ORIENTAL COOK BOOK

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## 17. BROILED "AS THE SOVEREIGN LIKED IT."

[HUNEKIAR BEYENDI SHISH-KEBAB.]

### Ingredients:

#### The Broil.

Meat .....1 pound fillet of beef, mutton or lamb.  
Butter. In quantity required to rub over the meat.  
Dry Onion ..... 1, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Salt and pepper, to taste.

#### The Garniture:

Eggplant.....1, two to two and one-half pounds.  
Butter .....1 tablespoonful.  
Green peppers ..... 2, large.  
Salt and pepper, to taste.

### Method:

Cut the meat into walnut-sized pieces, season to taste, arrange over wooden or iron skewers, and after slightly rubbing them with butter, broil on a strong fire. Then place this in a vessel, adding to it the onions, finely chopped, also the tomatoes, cut into small pieces, cover the vessel and leave on a slow fire to simmer, meanwhile preparing the following garnish:

Roast the eggplant and the green peppers on

## BROILED MEATS

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strong fire, until the skins are well burned, then skin them carefully and with the aid of a chopper and wooden spoon, mince and crush them. This done, season it to taste, add the butter and simmer on slow fire for 15 to 20 minutes. When done, place this garniture in a plate and put over it the broiled *Kebab*.

During the process of making the garniture, if one or more very finely chopped dry onions are added, the deliciousness of this most favored dish will be enhanced. The garniture is sometimes made either of eggplants alone, or green peppers or of both mixed.

### 18. "STEAM" BROILED STEAK.

[BOGHOU KEBAB.]

#### Ingredients:

Meat.....2 pounds of beef, mutton, lamb,  
turkey, chicken or game.  
Garlic.....4 to 5 bulbs, the juice.  
Curry ..... 1 pinch.  
Broth.....1 to 2 cupfuls.  
Wine ..... $\frac{1}{2}$  to  $\frac{3}{4}$  cupful.  
Bread.....6 to 8 slices, toasted.  
Eggs ..... 2.  
Salt and red pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

This *Kebab* is made of any kind of meat, that may be broiled in any desired style—either on spit or gridiron. However, before starting to broil the meat, it should lay in a mixture made of the juice of garlic, curry, salt and pepper for several hours. Thus when the broiling is ready, take a good-sized vessel and in it place a gridiron-like stand with a level a few inches higher than the bottom of the vessel. Upon this stand place the broiled meat, and pour in the broth, one or two cupfuls, as may be needed, and the wine. Then cover the vessel, seal and leave it boil on slow fire for nearly an hour. While this is being done, toast the bread and arrange the slices in one large plate ready to be soaked with one-half of the gravy in the vessel. To the other half add the beaten eggs, blending it well, away from the fire, to prevent coagulation. Pour this also over the toasted bread slices, and upon these finally arrange the broiled meat.

This remarkable *Kebab* should be served when it is quite warm; therefore, it is advisable to keep the plate holding the toast, etc., in a hot oven during the process of its making.



## BROILED MEATS

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### 19. "HUNTER" BROILED STEAK.

[AVJI KEBAB.]

#### Ingredients:

Fowls.....1 chicken or wild duck, also pigeon,  
quail, woodcock, black or golden  
plover, partridge, pheasant, teal,  
etc., etc., of equivalent measure.

Laurel leaves..... 8 to 10.

Garlic .....1 head.

Dry or green onions.....2 or 6, respectively.

Butter ..... 1 tablespoonful.

White wine..... 1 cupful.

Broth ..... 3 cupfuls.

Bread ..... 6 to 8 slices, toasted.

Salt and Pepper.

#### Method:

Take the chicken, or several of the small birds, clean them properly, trim the heads and the feet, and after arranging them on iron spits, broil over, or in front of, a moderate fire. Then sever the legs from the bodies, also the breast, and chop the remainder with the laurel leaves, the garlic and the onions. To this add the wine and the broth and after seasoning the whole to taste, boil until it is reduced to one-half of its former quantity. When done, strain it through a fine metal sieve, and after adding it to the broiling saved, pour the

## THE ORIENTAL COOK BOOK

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whole over the toasted bread slices, which should be arranged in a large plate. Serve hot, with lettuce salad, and the rest of the meat saved.

### 20. LAMB CHOPS WITH SAUCE.

[KOUZOU KULEBASDI SALTZALL.]

#### Ingredients:

Meat ..... 4 to 6 chops.  
Butter .....  $\frac{1}{2}$  tablespoonful.  
Green Pepper ..... 1, medium.  
Dry Onion ..... 1, medium.  
Thyme ..... 1 pinch.  
Tomatoes.....2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Fry the chops in their own fat. When done, take them in a separate dish, and add to the fat the butter and about one-half cupful plain water—or broth preferred—and bring to the boil. Then chop the green pepper, the onion and the tomatoes, and after seasoning to taste, also sifting in the thyme, add them to the boiling mixture. When this is nearly done, add the chops, and place the entire combination in a moderately hot oven for 10 to 15 minutes.

## BROILED MEATS

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### 21. MEAT BROILED WITH SAUCE.

[SHISH-KEBAB SALTZALI.]

#### Ingredients:

Meat.....1 pound of mutton or lamb.  
Butter ..... 1/2 tablespoonful.  
Green Pepper ..... 1, medium.  
Dry Onion ..... 1, medium.  
Tomatoes.....2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Thyme ..... 1 pinch.  
Salt and pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces, also chop the green pepper and the onion, sift the thyme and mix well with the meat. Then season this mixture to taste, and leave aside for one or two hours. When ready, arrange the meat pieces on small iron skewers and broil over a strong fire. While this is being done, place the butter in a frying pan, melt and add one-half a cupful of plain water—or broth preferred—and when this comes to the boil, pour into it the chopped onion and the green pepper, the broiled meat, also the tomatoes, cut into small pieces, and continue boiling until the vegetable ingredients are well done. Serve hot.

# THE ORIENTAL COOK BOOK

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## 22. MEAT GRILLED WITH EGG-PLANT ON SKEWERS.

[PATLIDJAN SHISH-KEBAB.]

### Ingredients:

#### The Broil.

Meat..... $\frac{1}{2}$  pound fillet of mutton or lamb.  
Eggplant ..... 1, medium.

#### The Sauce:

Butter .....  $\frac{1}{2}$  tablespoonful.  
Onions ..... 2, medium.  
Green Pepper ..... 1, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

### Method:

Cut the meat into walnut-sized pieces, also the eggplant, into one-inch square or a little larger pieces. Then arrange these, alternately, on wooden or iron skewers and broil over a moderate fire.

This *Kebab* is served, as it is, with a vegetable salad, but many prefer it with a sauce made in the following manner:

## BROILED MEATS

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Melt the butter in a frying pan and add one-half a cupful, or more, plain water to it—or broth preferred. When this comes to the boil, chop into it the onions, the tomatoes and the green pepper. Season to taste, and after adding also the broiled Kebab with the eggplant, put over a slow fire and simmer it until all the vegetable ingredients are well done. Serve hot.

### 23. MEAT GRILLED WITH EGG-PLANT ON SKEWERS.

#### Another Style.

[PATLIDJAN TCHOMLEK-KEBAB.]

#### Ingredients :

Meat..... $\frac{1}{2}$  pound fillet of mutton or lamb.  
Butter..... 2 tablespoonfuls.  
Eggplant ..... 1, medium.  
Dry Onion ..... 1, medium.  
Parsley ..... 1 bunch.

Salt and pepper, to taste.

#### Method :

Chop the onion and the parsley finely, and after cutting the meat into walnut-sized pieces, mix, season to taste and leave aside for one or

## THE ORIENTAL COOK BOOK

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two hours. When ready, arrange the meat pieces on wooden or iron skewers and broil over a moderate fire. While this is being done cut the eggplant into one-half-inch-thick slices and fry in the butter in a frying pan. When through frying the eggplant, lay the pieces in a large flat plate. To the fat add the broiled meat, also 2 to 3 tablespoonfuls of plain water. Bring this to the boil and pour over the fried eggplant. Serve hot.

## ROASTS

[KEZARTMA.]

Like the Broiled meats—*Kebab*, the Roasts—*Kezartma*, are also in great favor in the Orient, and figure much as the principal dish on great occasions, at feasts and dinner parties. They are cooked on a large scale, as often a whole sheep or lamb is either broiled on a spit, or placed in an oven for roasting.

As the stove oven system is not general in the Orient, the roasting is mostly done in the bakers' ovens, which, though not a difficult process, is quite an inconvenient task. However, small roasts are successfully done in vessels or in roast-pans. In Occidental homes, where many improvements are in vogue, all inconveniences in cookery are eliminated.

# THE ORIENTAL COOK BOOK

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## 1. STUFFED ROAST TURKEY, OR CHICKEN.

[HINDI KEZARTMA.]—TAVOUK.

### Ingredients:

Turkey .....	1, fat.
Butter .....	1 tablespoonful.
Lemon .....	1.
Rice .....	1 cupful.
Raisins .....	½ cupful, seedless.
Pistachio Nuts .....	½ cupful, peeled.
The liver of the fowl.	
	Salt and pepper, to taste.

### Method:

Clean the turkey properly, as you would for boiling, trim well, tie its legs together, and fill with the following stuffing:

Mix the rice, the seedless raisins, the pistachio nuts and the chopped liver of the turkey together with one-half of the butter, season to taste, and stuff the fowl with it. This opening should be sewed up, in order to prevent the stuffing from forcing itself out during the process of roasting. When this is ready, rub the turkey, slightly, with the remaining butter and in a roasting pan, place it in a hot oven, occasionally rubbing it with the lemon, to make the roasting rosy in color.



## ROASTS

Sauce may be made of the fat drippings in the pan, by adding some plain water and one-half tablespoonful flour, and by simmering the whole over a moderate fire, until the smell of the flour is eliminated.

Serve the turkey in a large oval plate or tray, garnished with suitable fancy vegetables.

### 2. ARMENIAN ROAST A LA DUZIAN.

[DUZOGHLOU KEZARTMA.]

#### Ingredients:

4 Fowls.....1 turkey, 1 chicken, 1 quail  
   and 1 partridge.  
 Butter....In quantity required to rub over fowls.  
 Lemon ..... 1.  
   Salt, to taste.

#### Method:

Clean the fowls properly (using other birds of their sizes instead of the quail and the partridge, if so desired). Then rub the smallest slightly with butter, season and place it inside of the larger one next to it. Rub this also with butter, season and place in the chicken, finally rub this with butter, season and put in the cavity of the turkey. It is necessary to sew up each bird, in order to keep them tight. When finally the turkey

## THE ORIENTAL COOK BOOK

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is rubbed with butter as well, place it in a deep pan, and roast in a moderately hot oven, occasionally rubbing the lemon over it, to cause it to roast rosy in color.

Sauce may be made of its dripping fat after the style described in the foregoing recipe, No. 1.

Serve this roast in a large oval tray or plate, garnished with suitable and fancy vegetable.

### 3. ROAST QUAIL WITH EGGPLANT.

[PATLIDJANLI BELDIRJIN KEZARTMA.]

#### Ingredients:

Quails.... 6 (any other small fowl if so desired).  
Eggplants..... 6, large and round.  
Butter.... In quantity required to rub over fowls.  
Salt and pepper, to taste.

#### Method:

Clean the fowls properly and trim well, rub inside and out with butter and season to taste. Then empty the eggplants by taking out the seedy parts, from one end, and after placing the birds in the hollows of the eggplants, arrange these side by side, in a deep flat pan, and leave in a moderately hot oven until the eggplants are well baked.

Serve hot with its own gravy.

## ROASTS

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### 4. PIGEON ROAST WITH EGGPLANT.

[PATLIJANLI GUYERJIN KEZARTMA.]

#### Ingredients:

Pigeons... 6 (any other small fowl if so desired).  
Rice ..... ½ cupful.  
Eggplants..... 6, large and round.  
Butter ..... 2 tablespoonfuls.  
Dry Onions ..... 3 to 4, medium.  
Parsley ..... 1 bunch.

Salt and pepper, to taste.

#### Method:

Clean the pigeons properly, trim and stuff them with a mixture made of the rice, dry onions and parsley—both finely chopped—and the butter, seasoned to taste. Then cut the seedy parts of the eggplants out and place the pigeons in after rubbing them with some butter. Arrange these in a deep flat pan, and put in a moderately hot oven until it is well done. Serve with its own gravy.

# THE ORIENTAL COOK BOOK

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## 5. \* "CUMMIN" ROAST.

[KIMIONLOU KEZARTMA.]

### Ingredients:

Meat .....	1 pound fillet.
Dry Onions .....	2.
Red Wine .....	1 cupful.
Cummin .....	1 pinch.
Salt and pepper, to taste.	

### Method:

Skin the onions, crush and mix with the cummin, put this in a flat pan and upon it place the meat, which must be cut into small egg-sized pieces. Over this pour the wine, season to taste, and leave the pan in a moderately hot oven until well done.

Serve it hot and with a lettuce salad.

\*See special list of Oriental Ingredients.

## ROASTS

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### 6. ROAST BEEF A LA ARMENIA.

[ERMENI ET FOUROUN.]

#### Ingredients:

Meat.....	4 to 5 pounds fillet of beef, mutton or lamb, in one piece.
Dry Onions .....	2 to 3.
Butter .....	1 tablespoonful.
Plain Water .....	1 cupful.
Tomatoes... 3 to 4, ripe (or 5 to 6 tablespoonfuls of canned tomatoes).	
Potatoes.....	6 to 7, medium.
Salt and pepper, to taste.	

#### Method:

Put the meat in a large roasting pan and, with the aid of a sharp pointed knife, pierce it deeply from all sides. Then slice over this the onions, pour the water in, season to taste and boil over a moderate fire until all the water evaporates. This done, rub over it the butter, adding also the tomatoes, which must be cut in small pieces, and the skinned potatoes cut into halves. Place the pan in a moderately hot oven until well done.

Serve this roast in slices with its own gravy and with a vegetable salad.

# THE ORIENTAL COOK BOOK

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## 7. OVEN-ROAST WITH RICE.

[PIRINTCHLI FOUROUN.]

### Ingredients:

Meat . . . . 2 to 3 pounds of beef, mutton or lamb.  
Rice . . . . . 1/2 cupful.  
Tomatoes . . . 2 to 3, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Salt and pepper, to taste.

### Method:

Boil the meat in a little plain water, taking the scum off. When it is half done place it with the rice and its little broth in a deep vessel—the rice under the meat; over this add the juice of the tomatoes. Season to taste and roast in a moderately hot oven until well done and the water evaporated.

Serve it hot with a vegetable salad.

## 8. BRAISED QUAIL.

[BELDIRJIN SALMASSI.]

### Ingredients:

Quails . . . . 2 (any other small fowl if so desired).  
Butter . . . . . 2 tablespoonfuls.  
Dry Onions . . . . . 2, medium.  
White Wine . . . . . 1 cupful.  
Hazel Nuts . . . . . 1/2 cupful.  
Salt and pepper, to taste.

## ROASTS

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### Method:

Clean the quails properly and after cutting them into four parts each fry lightly in butter. Also in separate pan fry in butter the chopped onions until nearly brown. Then place in one vessel the fried quail pieces, the fried onion, the nuts, which must be roasted, the wine, and after seasoning the whole to taste, boil it either on slow fire or bake in a moderately hot oven until it is well done.

### 9. STUFFED ROAST DUCK.

[EORDECK KEZARTMA.]

### Ingredients:

Duck ..... 1, fat.  
Dry Onions ..... 2 to 3, medium.  
Butter ..... 1 tablespoonful.  
Rice .....  $\frac{1}{2}$  cupful or more.  
Lemon ..... 1.  
Raisin .....  $\frac{1}{4}$  cupful, seedless.  
The giblets of the duck.  
Salt and pepper, to taste.

### Method:

Clean the duck ready for stuffing, then prepare the following:

Chop the onions and fry in the butter; when

## THE ORIENTAL COOK BOOK

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nearly brown, add the well washed rice, the raisins and the chopped giblets, season to taste and continue frying for 15 to 20 minutes. With this mixture stuff the duck and after sewing the opening securely, put it in a pan in a moderately hot oven until well roasted. Rub the lemon on it occasionally to have the duck rosy in color.

Serve it hot, garnished with suitable vegetable and with own gravy.

### 10. ROAST LAMB, OR MUTTON.

[ΚΟΥΖΟΥ ΚΑΡΑΜΑ.]

#### Ingredients:

Meat .....	1 whole leg of lamb.
Green Onions .....	1 bunch.
Mint .....	½ bunch.
Broth .....	1 cupful.
	Salt and pepper, to taste.

#### Method:

Season the lamb and roast in a moderately hot oven in a deep flat pan. When done cover it with plenty of chopped green onion, and the mint. Pour over the whole the broth and continue roasting in the oven until the onions are well cooked



## ROASTS

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### 11. STUFFED ROAST LAMB.

[KOUZOU KARNI DOLDURMA.]

#### Ingredients:

Lamb ..... 1 whole, fat.  
Butter ..... 5 to 6 tablespoonfuls.  
Dry Onions ..... 5 to 6, large.  
Rice ..... 3 to 4 cupfuls.  
Pistachio ..... 1/2 cupful.  
Raisin ..... 1/2 cupful, seedless.  
Cinnamon ..... 3 pinches, powdered.  
The liver and the heart of the lamb.  
Salt and pepper, to taste.

#### Method:

Skin the lamb, clean the inside and boil in a very large vessel for 20 to 25 minutes, taking off the scum. Then in another large vessel place the butter, and in it fry the chopped onions, the pistachio, the raisin, the rice, and the finely chopped liver and heart, adding also the cinnamon. Season the whole to taste, and gradually add one cupful of lamb broth at a time until the rice is sufficiently boiled. When ready stuff the lamb with this mixture with the aid of a spoon, and in a large tray place it in a moderately hot oven until well roasted. It is better to rub the lamb with the juice of an onion just before placing it in the oven.

## THE ORIENTAL COOK BOOK

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This roasting is done also without first boiling the lamb, but the style described above guarantees better results.

Serve this roast in whole, well garnished, with proper and fancy vegetables. Use its own gravy with it.

### 12. ROAST HEAD.

[KELLEH FOUROUN.]

#### Ingredients:

Head..... 1, of sheep, lamb, or calf.  
Butter..... ½ tablespoonful.  
Lemon ..... 1.  
Salt and pepper, to taste.

#### Method:

Skin the head, wash well, rub slightly with the butter, and after seasoning it with salt in a deep flat pan, place in a moderately hot oven, until well roasted. During the process of roasting rub the head with the lemon or the juice of onion with the aid of a brush.

Sometimes the head is boiled first for 20 to 25 minutes, and then roasted in oven, but either way is satisfactory.

## BOILED DISHES

[HASHLAMA.]

Boiled Dishes are the most common, and therefore the most popular dishes of the Orient with the class of people that need to practice economy for various reasons. A boiled meat dish is a double dish with an Oriental housewife, because she makes separate use of the meat and the broth. The meat boiled she serves with a little broth, and with the remainder of the latter she either makes a soup by adding some rice or vegetable to it, or cooks a *pilaf* with it, without much extra cost, material, or time.

There is an absolute belief in the Orient in the finer taste of the meat with the bone, and as this belief on the part of the Orientals is not without a fair foundation, it is therefore recommended to all who wish to try the Oriental cooking on an absolute economical basis.

# THE ORIENTAL COOK BOOK

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## 1. BOILED BRAIN.

[BAYIN HASHLAMA.]

### Ingredients:

Brains..... 2 to 3, of lamb or calf.  
Vinegar..... 2 tablespoonfuls.

### Method:

Bring the plain water to a boil and leave the brains in it for five minutes. Then put in cold water for one hour, meanwhile taking off the films covering the brains. This done put them in a vessel again, adding new plain water to it, with the vinegar, which helps to keep parts of brains together—boil for 20 to 25 minutes, or until done.

Some cooks prefer to boil brains in muslin wraps, to insure their safety from dissolution.

Boiled brain is served either on lettuce leaves with olive oil and lemon, or, it is sliced and fried in butter after being dipped in beaten eggs.

## BOILED DISHES

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### 2. BOILED TONGUE.

[DIL HASHLAMA.]

#### Ingredients :

Tongue.... 1 of beef (or 5 to 6 tongues of lamb).  
Dry Onions ..... 2, medium.  
Parsley ..... 1 bunch.  
Celery ..... 3 to 4 strips.  
Clove ..... 2 to 3 pieces.

Salt and pepper, to taste.

#### Method :

Wash the tongue and leave in cold water for one hour before boiling; when ready, put it in a vessel, which should contain sufficient amount of water, and chop into it the onions, the parsley and the celery, adding also the cloves; then, after seasoning the whole to taste, boil it over a moderate fire until well cooked. Skin when serving. Use either horse radish or some other strong sauce with it.

# THE ORIENTAL COOK BOOK

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## 3. BOILED TONGUE, STUFFED.

[DIL HASHLAMA DOLDOURMA.]

### Ingredients:

Tongues..... 6, of sheep or lamb.  
Rice .....  $\frac{1}{3}$  cupful.  
Butter ..... 1 tablespoonful.  
Dry Onions ..... 2, medium.  
Black Raisin .....  $\frac{1}{4}$  cupful, seedless.  
Pistachio Nuts .....  $\frac{1}{4}$  cupful, shelled.  
Curry-powder ..... 1 pinch.  
Salt and pepper, to taste.

### Method:

Leave the tongues in cold water for one or two hours, then wash well, skin and cut open, on one side, lengthwise, but not to the outermost ends. Then make the following mixture ready for stuffing:

Fry well in butter the well-washed rice, the finely chopped onions, the raisin and the pistachio nuts, adding also the curry and salt and pepper to taste.

With this mixture fill the openings of the tongues, and either tie, sew or pin the openings with toothpicks to prevent scattering of the ingredients. Then arrange the stuffed tongues, side by

## BOILED DISHES

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side, in a flat pan, and add sufficient water to it; boil over moderate fire.

Serve hot and use the broth as soup if desired.

### 4. BOILED MEAT, PLAIN.

[ET HASHLAMA, SADEH.]

#### Ingredients:

Meat.... 3 to 4 pounds, leg, haunch or shoulder  
of beef, mutton or lamb (or in desired  
quantity).  
Dry Onion..... 1, medium.  
Potatoes ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Parsley ..... 1 bunch.

Salt and pepper, to taste.

#### Method:

There are two styles of boiling meat.

For the first style, take the meat, wash and put in a vessel with sufficient amount of cold water. Bring it to a boil and take the scum off. This done, hang one bunch of parsley into the boiling water, season to taste and continue the boiling until the meat is tender.

Serve the broth as soup, with lemon.

For the other style, bring the meat to a boil,

## THE ORIENTAL COOK BOOK

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as directed above, and after taking the scum off, add to it the chopped onion, the potatoes, the parsley and the tomatoes, cut into small pieces; season the whole to taste and continue boiling until the meat is well done.

Serve the broth as soup, and the meat separately, hot or cold, cut into small pieces.

### 5. BOILED MEAT A LA ARMENIA.

[ERMENTI ET HASHLAMA TERTIBI.]

#### Ingredients:

Meat..... 3 to 4 pounds, leg, haunch or shoulder  
of beef, mutton or lamb (or in desired  
quantity).  
Parsley..... 1 bunch.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Salt and pepper, to taste.

#### Method:

After boiling the meat in the first style as directed in the foregoing recipe No. 4, put the meat into a separate deep pan, pierce it on all sides with a pointed sharp knife, and chop over it the onions and the tomatoes. (Some would insert peeled bulbs of garlic in the pierced places on the meat.)



## BOILED DISHES

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Pour over a cupful of the broth. Season the whole to taste and place in a moderately hot oven until the vegetable ingredients are fully cooked.

Serve hot and sliced, use own gravy as sauce.

### 6. BOILED LAMB (Whole or Part).

[ET SEOYUSH.]

#### Ingredients:

Lamb..... 1, fat.  
Parsley ..... 3 to 4 bunches.

#### Method:

Take a whole lamb, or part of it, and boil in a large vessel, taking the scum off, and hanging into the water the bunches of parsley during the boiling. When nearly done, put the whole on a large tray and place in a moderately hot oven, until all its dampness is evaporated.

Serve hot or cold, with a vegetable salad.

**7. BOILED BEEF WITH SAUCE.**

—“Beef with a taste of chicken.”

[SEGHAR ETI TAVOUK TERTIBI.]

**Ingredients:**

Cold Boiled Beef. . . . . 8 to 10 slices of medium size.  
Butter . . . . . 1 tablespoonful.  
Parsley . . . . . 1 bunch.  
Green Onions . . . . . 1 bunch.  
Flour . . . . . 1 tablespoonful.  
Broth . . . . . 1 cupful.  
Nutmeg (powdered) . . . . . 1 pinch.  
Eggs . . . . . 2, the yolks of.  
Salt and pepper, to taste.

**Method:**

In a vessel, fry in the butter,—in five-minute intervals,—the finely cut green onions, the parsley and the flour, then add the broth (or plain water), and let it boil a few minutes longer. Season with the nutmeg and salt and pepper. After five minutes add the boiled beef in slices, and continue simmering for five or ten minutes longer. When ready for serving, the beaten yolks of the eggs may be blended with the sauce and the meat in the vessel.

## BOILED DISHES

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### 8. BOILED MEAT WITH SAUSE.

#### Another Style.

[ET HASHLAMA, SALTZALI.]

#### Ingredients:

Cold Boiled Meat....7 to 8 slices of medium size.  
Butter ..... 1 tablespoonful.  
Flour ..... 1 tablespoonful.  
Dry Onions ..... 2, medium.  
Broth ..... 1 cupful.  
Vinegar ..... 1 tablespoonful.

Salt and pepper, to taste.

#### Method:

Arrange the slices of the boiled meat in a deep pan, ready for the following sauce to be poured over it:

Cut the onions into fine round slices and fry in the butter, then add the flour, and after five minutes add also the broth (or plain water). Season the whole to taste and let it simmer over a slow fire for fifteen minutes.

After adding this sauce to the sliced meat, put it over the fire for twenty-five or thirty minutes longer.

# THE ORIENTAL COOK BOOK

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## 9. BOILED MEAT, SPICED.

[BAHARLI SEYUSH.]

### Ingredients:

Cold Boiled Meat....	7 to 8 slices of medium size.
Butter .....	1 tablespoonful.
Flour .....	1 tablespoonful.
Dry Onions .....	2, medium.
Red Wine .....	1 cupful.
Broth .....	½ cupful.
Mushroom .....	1 cupful.
Thyme .....	1 to 2 pinches.

Salt and pepper, to taste.

### Method:

Chop the onions and fry in the butter over slow fire, until nearly brown, then add the flour. After 5 minutes add also the wine and the broth, the mushroom chopped, and the thyme. Season the whole to taste, and after boiling for 10 minutes, put in the sliced meat and continue simmering until the ingredients look well blended, and the sauce becomes quite thick.

## BOILED DISHES

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### 10. BOILED CHICKEN WITH SAUCE.

[TAVOUK HASHLAMA, SALTZALI.]

#### Ingredients :

Chicken..... 1, fat.  
Dry Onions ..... 2 (or more), medium.  
Parsley ..... 1 bunch.  
Celery ..... 1 whole stalk.  
Salt and pepper, to taste.

#### The Sauce:

Butter..... 2 tablespoonfuls.  
Flour ..... 1 tablespoonful.  
Eggs ..... 2, the yolks of.

#### Method:

Clean the chicken properly, and after cutting into portions suitable for serving, bring to a boil in water three times its measure. To this, then, add the chopped onions, the parsley and the celery. Season to taste, and continue boiling until tender.

When this is done, take out the portions and put in cold water for 5 minutes. Then strain the broth, to have it ready to be used for the sauce, which will be prepared in the following manner:

Fry the flour well in the one-half portion of the butter, and then add the broth,—one or two tablespoonfuls at a time. When this comes to a

## THE ORIENTAL COOK BOOK

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boil, take the fat gathering upon the surface, and pour over the chicken portions, which should be arranged in a large deep plate. With the rest of the sauce blend the well beaten yolks of the eggs, also the remainder of the butter. When this is sufficiently cooked and is thick, either pour it over the chicken or use it separately as desired.

### 11. BOILED CHICKEN.

#### “Hadji Kadin” Style.

[HADJI KADIN TAVOUK HASHLAMA.]

#### Ingredients:

Chicken.....	1, fat.
Butter .....	2 tablespoonfuls.
Dry Onions .....	3 to 4, crushed.
Carrot .....	1, medium.
Flour .....	1 tablespoonful.
Broth .....	3 cupfuls.
Tomatoes....	2 to 3, ripe (or 3 to 4 tablespoonfuls of canned tomatoes).
Mushrooms .....	1 cupful.
Parsley .....	1 bunch.
Salt and pepper, to taste.	

#### Method:

Clean the chicken properly and cut into portions suitable for serving. Then fry the crushed onions in the butter with the carrot, which should

## BOILED DISHES

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be very finely sliced. After 8 to 10 minutes add the chicken pieces, season to taste and continue frying. Then sift in the flour. Again after 10 to 12 minutes add the broth and the tomatoes cut into small pieces, and let it boil in a slow fire. When it is nearly done chop over the whole the mushrooms and the parsley, and continue simmering for 10 to 15 minutes longer.

### 12. BOILED FOWL A LA ARMENIA.

[ERMENI AV-KOUSHUE HASHLAMA.]

#### Ingredients:

Fowls.....	2.
Butter .....	2 tablespoonfuls.
Flour .....	1 tablespoonful.
Red Wine .....	½ cupful.
Broth .....	1 cupful or more.
Parsley .....	1 bunch.
Celery .....	1 whole stalk.
Dry Onions .....	2, medium.
Mushrooms .....	1 cupful.

Salt and pepper, to taste.

#### Method:

Clean the fowls properly and cut into portions suitable for serving. Season to taste and fry in butter. After five minutes add the flour and continue frying. Then add the wine and the broth,

## THE ORIENTAL COOK BOOK

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the finely cut parsley, the celery and the well chopped onions. Then place the pan on a slow fire and let simmer. Before the pieces of fowl are done, pour in the mushrooms, which should be well chopped and place the pan in a moderately hot oven for 10 to 15 minutes, just before serving.

### 13. BOILED HEAD.

[KELLEH HASHLAMA.]

#### Ingredients:

Head.....	1, of sheep or lamb.
Eggs .....	2.
Lemon .....	1.
Salt and pepper, to taste.	

#### Method:

Skin the head and boil it in plenty of plain water. After taking the scum off, season it to taste, and continue boiling until tender.

Boiled head is served either in this condition, or it is placed in a moderately hot oven so as to allow the dampness to evaporate; but the broth is used on both occasions, as soup, with a dressing made of the beaten eggs mixed with the juice of the lemon and well blended with the broth.



## BOILED DISHES

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### 14. BOILED HEAD A LA TURK.

[KELLEH PATCHA.]

#### Ingredients:

Head..... 1, of sheep or lamb.  
Garlic..... 5 to 6 bulbs, peeled and pressed.  
Vinegar ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Skin the head, and boil in plenty of plain water. Season to taste, after removing the scum. When tenderly done, separate the meat parts from the bones, shred them into small pieces and put back into the broth. Then add the juice of the garlic after thoroughly blending it with the vinegar.

### 15. BOILED SHINS A LA TURK, WITH DRESSING.

[PATCHA TERBIEHLI.]

#### Ingredients:

Shins..2 to 3 pounds, of sheep, lamb, veal or beef.

#### The Dressing:

Salt ..... to taste.  
Garlic..... 5 to 6 bulbs, peeled and pressed.  
Vinegar ..... 2 tablespoonfuls.  
Red Pepper ..... 1 pinch.  
Eggs ..... 2.

## THE ORIENTAL COOK BOOK

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### Method:

Clean the shins and boil until tender in two quarts or more of plain water. Season to taste with salt after taking off the scum. When done add the following dressing:

Mix the juice of the garlic with the vinegar, and add the red pepper. With this use one cupful of the shin broth blended with the beaten eggs, then pour the whole into the vessel containing the boiled shins and the broth.

Before adding the dressing, the shins may be shredded into small pieces, but left in the broth, in like manner, as in the style described in the foregoing recipe, No. 14.

## VEGETABLES WITH MEAT

BASDI, SILKMEH, GHUEVEDGE.  
YAHNI OTOURTMA, MOUSSAKKA.  
KEYMALI, KAPAMA.

VEGETABLES cooked with meat are more popular in the Orient than even the boiled dishes, especially during the vegetable season, when they are offered at more economical cost.

The Orient is, perhaps, one of the few countries, and the Oriental people one of the few nationalities that use vegetables so extensively and often with meat, butter or olive oil.

It is generally believed that the Oriental cooking is spicy, but it will be noticed, in looking over these recipes, that the Oriental cooking is rich in the composition of ingredients and not in condiments.

The proportion of ingredients designated in the following recipes of the *Basdis* are optional, and they may be increased in accordance with requirements.

As these *Basdis* are also made with olive oil

## THE ORIENTAL COOK BOOK

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instead of meat, it is opportune to mention that the vegetable dishes with meat should always be served when hot, while the vegetable dishes with olive oil are served either hot or cold.

### 1. ARTICHOKE WITH MEAT.

[ENGHINAR BASDI.]

#### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Dry Onions ..... 2 to 3, medium.  
Artichokes ..... 6, medium.  
Lemons ..... 2.  
Broth (or plain water)..... 3 to 4 cupfuls.  
Eggs ..... 2.  
Salt and pepper, to taste.

#### Method:

To prepare this very fine dish, take the fat meat and cut into walnut-sized pieces and fry in own fat with the onions, which should be very finely chopped.

Then clean the artichokes of their outside hard leaves, and after cutting each one of them into four parts, put the whole either in plain water, saturated with the juice of one lemon, or in a milk-thin mixture of water and flour. This prevents the artichokes from getting black.

## VEGETABLES WITH MEAT

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When all ready, put the washed artichokes with the fried meat in an appropriate vessel, season to taste and add the broth until the ingredients are barely covered. The cooking must be started on a strong fire, but before it is well done the fire should be lowered.

Dressing made of the juice of the lemon and the beaten eggs should first be blended with part of the broth, and then poured over the entire *basdi*.

Artichokes with meat may be served without dressing, but the latter will immensely enhance the deliciousness.

### 2. CANNED ARTICHOKE WITH MEAT.

[KOUTOU ENGHINAR ETLI.]

#### Ingredients:

Meat..... 1 pound, of mutton or lamb.  
Dry Onions ..... 2, medium.  
Artichokes ..... 1 can.  
Lemon ..... 1.  
Egg ..... 1.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Cut the meat into walnut-sized pieces and fry for twenty minutes, then cut into it the onions and continue frying ten minutes longer. When this is ready pour over the whole the contents of the tin box of artichokes, season to taste and boil until well done.

*Terbieh* made of the juice of the lemon and the egg—both well beaten together—should be blended with part of the gravy and poured over the whole.

### 3. EGGPLANTS WITH MEAT.

[PATLIJAN SILKMEH.]

#### Ingredients:

Meat.....  $\frac{1}{2}$  pound, fat, of mutton or lamb.  
Eggplant..... 1, of 2 to  $2\frac{1}{2}$  pounds.  
Dry Onions ..... 2, medium.  
Butter ..... 1 tablespoonful.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 2 cupfuls.  
Salt and pepper, to taste.

#### Method:

Cut the eggplant into egg-sized pieces and fry for 5 to 10 minutes in the butter.

## VEGETABLES WITH MEAT

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Cut also the meat into walnut-sized pieces, fry in own fat, with the onions chopped and added to it. When this is ready unite the two portions, the eggplant and the meat, in a big vessel, and after adding the tomatoes cut into small pieces, season the whole to taste and place either on a slow fire or in a moderately hot oven, adding gradually the broth. During the last 15 to 20 minutes this *Silkmeh* should be cooked without any addition of broth.

### 4. GREEN BEANS WITH MEAT.

[TAZEH FASSOULIA BASDI.]

#### Ingredients:

Meat.... ½ pound, fat, of beef, mutton or lamb.  
Dry Onions ..... 2, medium.  
Green Beans ..... 1 quart.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 2 to 3 cupfuls.  
Salt and pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces and fry in own fat, in a suitable vessel, then add the onions carefully chopped and continue frying for 5 to 10 minutes longer. This done, take the well-trimmed

## THE ORIENTAL COOK BOOK

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green beans, which should be cut into two, lengthwise, and mix with the meat and onion in the vessel. Add the tomatoes, cut into small pieces. After five minutes the broth may gradually be added to the whole, and after seasoning it to taste, cook on a slow fire until the meat and the green beans—the principal ingredients—are tender.

### 5. CANNED GREEN BEANS WITH MEAT.

[KOUTOU TAZEH FASSOULIA ETLI.]

#### Ingredients:

Meat..... ½ pound, of lamb.  
Dry Onions ..... 2, medium.  
Green Beans ..... 1 can.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Salt and pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces and fry for twenty minutes. Then cut the onions and continue frying with the meat five minutes longer. When this is done, pour over the whole the contents of the can of green beans, season to taste and boil over a medium fire until done.



## VEGETABLES WITH MEAT

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### 6. OCRA WITH MEAT.

[BAMIA BASDI.]

#### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Ocra..... 1 quart, fresh.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 2 to 3 cupfuls.  
Vinegar ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Fry the meat pieces in their own fat, until light brown, adding the onions, coarsely chopped. Then after trimming the ocra of its stem parts wash and place in the same vessel with the meat and the onions, adding also the tomatoes cut into small pieces. Finally pour in the broth, the vinegar and season to taste. This Basdi should be cooked over a slow fire, until the meat is tender. The use of vinegar in this dish helps to prevent the ocra from becoming too soft, and meanwhile adds to its deliciousness.

**7. CANNED OCRA WITH MEAT.**

[KOUTOU BAMIA ETLI.]

**Ingredients:**

Meat..... ½ pound, of lamb.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Ocra ..... 1 can.  
Vinegar ..... 1 tablespoonful.  
Salt and pepper, to taste.

**Method:**

Cut the meat into walnut-sized pieces and fry for twenty minutes, then cut into it the onions, also add the tomatoes and continue frying 5 to 10 minutes longer. When this is ready pour over the contents of the can—the ocra—and the vinegar. Season to taste and boil over a slow fire until done.

## VEGETABLES WITH MEAT

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### 8. \*DRY "FLOWER" OCRA WITH MEAT.

[CHITCHEK BAMIA ETLI.]

#### Ingredients:

Meat.....	½ pound, of lamb.
Dry Ocra .....	¼ pound.
Dry Onions .....	2, medium.
Lemons .....	2.
Egg .....	1.
Plain Water .....	2 cupfuls.
Salt and pepper, to taste.	

#### Method:

Soak the dry ocra over night in lukewarm water, then pull the string and wash. When this is ready cut the meat into walnut-sized pieces and fry for twenty minutes. Cut into it the onions and continue frying five minutes longer. This done, add the ocra, the juice of one lemon, the water and, after seasoning the whole to taste, boil over a medium fire until done.

*Terbieh* made of the juice of the remaining lemon and well mixed with the beaten eggs should be first blended with part of the gravy and then poured over the whole.

\* This Ocra is sold strung on thread.

# THE ORIENTAL COOK BOOK

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## 9. CELERY WITH MEAT.

[KEREVIZ BASDI.]

### Ingredients :

Meat.....	1/2 pound, fat, of mutton or lamb.
Celery.....	3 to 4 whole stalks.
Tomatoes... 1 to 2, ripe	(or 2 to 3 tablespoonfuls of canned tomatoes).
Broth (or plain water).....	3 cupfuls.
Eggs .....	2.
Lemon .....	1.

Salt and red pepper, to taste.

### Method :

Cut the meat into small walnut-sized pieces and fry in own fat. Then cut the celery into one and one-half-inch lengths and put with the fried meat. Season with salt and the red pepper, adding also the tomatoes cut into small pieces. Cover the whole with the broth and boil over a moderate fire until the meat and the celery are very tender.

When done, dressing made of the beaten eggs and the juice of lemon should be poured over, after the mixture is first blended with part of the gravy of the *Basdi*.

## VEGETABLES WITH MEAT

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### 10. LEEK WITH MEAT.

[PRASSA BASDI.]

#### Ingredients:

Meat.....	1/2 pound, fat, of mutton or lamb.
Leeks .....	3 to 4 small bunches.
Tomatoes... 1 to 2, ripe (or 2 to 3 tablespoonfuls of canned tomatoes).	
Broth (or plain water).....	3 cupfuls.
Eggs .....	2.
Lemon .....	1.

Salt and red pepper, to taste.

#### Method:

Cut the meat into small walnut-sized pieces and fry in own fat. Then cut the leeks into one and one-half-inch lengths and put with the fried meat. Season with salt and the red pepper, adding also the tomatoes cut into small pieces. Cover the whole with the broth and boil over a moderate fire until the meat and leeks are tender.

When done, dressing made of the beaten eggs and the juice of lemon should be poured over, after the mixture is first blended with part of the gravy of the *Basdi*.

11. DRY ONIONS WITH MEAT.

[SOGHAN BASDI.]

Ingredients:

Meat..... $\frac{1}{2}$  pound, fat, of beef, mutton or lamb.  
Onions ..... 1 quart, small size.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 2 cupfuls.  
Salt and red pepper, to taste.

Method:

Cut the meat into quite small pieces and fry in own fat, in a suitable vessel. Then add the onions whole, but skinned. Large onions may be cut into halves or four pieces. Season with salt and the red pepper, and after adding the tomatoes, also cut into small sizes, pour in the broth and cook over a moderate fire until the meat is tender.

This *Basdi* will have better flavor if served after it has stood for some time.

## VEGETABLES WITH MEAT

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### 12. CABBAGE WITH MEAT.

[LAHANA BASDI—KELAM.]

#### Ingredients:

Meat..... 1 pound, fat, of beef, mutton or lamb.  
Cabbage ..... 3 pounds.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 3 cupfuls.  
Salt and red pepper, to taste.

#### Method:

Cut the cabbage into egg-sized pieces, and the meat into one-half the size of the cabbage pieces. Also chop coarsely the onions, and put them all, alternately, into a suitable vessel. Season with salt and the red pepper. Then after adding the cut tomatoes and the broth, boil on a moderate fire until the meat and cabbage become very tender.

It is better to serve this *Basdi* at least six to eight hours after it is cooked, when it should be reheated.

# THE ORIENTAL COOK BOOK

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## 13. POTATOES WITH MEAT.

[PATATES BASDI.]

### Ingredients:

Meat.... ½ pound, fat, of beef, mutton or lamb.  
Potatoes..... 7 to 8, medium.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 2 to 3 cupfuls.  
Salt and red pepper, to taste.

### Method:

After frying the small pieces of meat in own fat with the chopped onions, add the broth, season to taste and bring to a boil. Then add the potatoes cut into small parts, the tomatoes (also cut small), and continue boiling either on a slow fire or in a moderately hot oven, until the meat is very tender.

Some people prefer to cook the potatoes with the meat after first frying them in butter.



## VEGETABLES WITH MEAT

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### 14. MIXED VEGETABLES WITH MEAT.

[TURELI GHUVEDGE.]

#### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Eggplant ..... 1 pound.  
Green Beans ..... ½ pound.  
Dry Onions ..... 2, medium.  
Parsley ..... 1 bunch.  
Mint ..... ½ bunch.  
Celery ..... 5 to 6 strips.  
Tomatoes..... 3 to 4, ripe and unripe.  
Salt and red pepper, to taste.

#### Method:

Clean all the vegetables properly and cut them into small sizes, the same with the meat. Then put these all in a deep flat pan or a deep earthen vessel, and after seasoning the whole to taste, place in a moderately hot oven, until well done. It is not necessary to use any broth or plain water with this *Basdi*, as the ingredients will discharge enough water to be cooked in.

## THE ORIENTAL COOK BOOK

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### 15. DRY BEANS WITH MEAT.

#### Haricot Beans.

[KOUROU FASSULIA YAHNI.]

#### Ingredients:

Meat.....  $\frac{1}{2}$  pound, fat, of mutton or lamb.  
Beans .....  $1\frac{1}{2}$  cupfuls.  
Dry Onions ..... 2, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Broth (or plain water)..... 3 to 4 cupfuls.  
Salt and red pepper, to taste.

#### Method:

Cut the meat into small pieces and fry in its own fat with the chopped onions. Then boil the beans in plain water (which should have been soaked in lukewarm water for 8 to 10 hours) for 15 to 20 minutes, drain and add to the fried meat. Also cut the tomatoes into small pieces and put in with the rest, season to taste, and after pouring in the broth, boil it over a moderate fire until well done.

## VEGETABLES WITH MEAT

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### 16. EGGPLANT WITH MINCED MEAT.

[PATLIJAN OTOURTMA.]

#### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Eggplant..... 1 (2½ to 3 pounds).  
Butter..... 2 tablespoonfuls.  
Dry Onions ..... 2, medium.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Slice the eggplant into one inch thick pieces and fry lightly in one-half portion of the butter. Then arrange the slices in a deep flat pan, meanwhile pressing down the centers with the back of a spoon, causing them to become hollow.

Then mince the meat well, mix it with the very finely chopped onions, season with salt and pepper lightly, and fry in the remainder of the butter. This done, put one tablespoonful of this fried mixture in the hollow of each eggplant piece, and over this the tomatoes cut in small pieces. Add a little plain water and boil it either on a slow fire or in a moderately hot oven for 15 to 20 minutes.

# THE ORIENTAL COOK BOOK

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## 17. CHICK PEAS WITH MEAT.

[NOHOUD BASDI.]

### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Chick Peas ..... 2 cupfuls.  
Dry Onions ..... 2, medium.  
Broth (or plain water)..... 2 to 3 cupfuls.  
Salt and pepper, to taste.

### Method:

Soak the chick peas in lukewarm water for 10 to 12 hours. When ready, cut the meat into small pieces, and fry in own fat, with the onions, which should be coarsely chopped. This done, add the chick peas, pour in the broth, and after seasoning the whole to taste, boil on a moderate fire until the peas and the meat are very tender.

## 18. SPINACH WITH MINCED MEAT.

[ISBANAK KEYMALI.]

### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Spinach ..... 2 quarts.  
Dry Onions ..... 2 to 3, medium.  
Butter ..... 1 tablespoonful.  
Broth ..... 1 cupful.  
Eggs ..... 4 (or more).  
Salt and pepper, to taste.

## VEGETABLES WITH MEAT.

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### Method:

Clean the spinach. Wash well several times, cut to not very small pieces, boil in plain water for 8 to 10 minutes and strain well.

Then mince the meat and fry in the butter with the onions, which must be finely chopped.

When these are ready lay one-half of the spinach in a deep flat pan, put over this the fried meat in one layer and cover it with the rest of the spinach, meanwhile seasoning each layer with salt and pepper. This done, pour over the whole the broth, and either boil it on a moderate fire, or put it in a hot oven. Before it is done make four hollow places on the surface of the spinach, with the back of a spoon, and break one egg into each of them, and continue cooking until the eggs are done.

### 19. CANNED SPINACH WITH MINCED MEAT.

[KOUTOU ISBANAK KEYMALL.]

#### Ingredients:

Minced Meat..... ½ pound, of lamb.  
Dry Onions ..... 2, medium.  
Butter ..... ½ tablespoonful.  
Spinach ..... 1 can.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Fry slightly the minced meat and the well-chopped onion in the butter. Make two portions of the spinach and lay the fried meat between in a flat pan, season to taste and cook either in a moderately hot oven or over a medium fire.

Some people would prefer to add a tablespoonful of rice, already soaked in water, to the meat and onion during frying time.

## 20. EGGPLANT WITH MINCED MEAT.

[PATLIJAN MOUSSAKKA.]

### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Eggplants ..... 2, medium.  
Butter ..... 1 tablespoonful.  
Dry Onions ..... 2, medium.  
Parsley ..... 1 bunch.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

### Method:

Slice the eggplants into less than one-half-inch thickness; then mince the meat, season to taste and fry in the butter with the onions, which should

## VEGETABLES WITH MEAT

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be finely chopped. This done, put the eggplant and the fried minced meat in a suitable deep vessel in alternate layers. Then slice the tomatoes over the top, and after adding one cupful of plain water, simmer on a slow fire or bake in a moderately hot oven for 20 to 25 minutes. Serve hot.

### 21. MASHED POTATOES WITH MINCED MEAT.

[KEYMALI PATATES.]

#### Ingredients:

Meat..... 1/2 pound, fat, of mutton or lamb.  
Potatoes ..... 1 quart.  
Dry Onions ..... 2, medium.  
Butter ..... 2 tablespoonfuls.  
Broth (or plain water)..... 1 cupful.  
Salt and pepper, to taste.

#### Method:

Mince the meat and fry into one-half portion of the butter with the finely cut onions. Season to taste. Then prepare the mashed potatoes and put in a suitable vessel with the fried meat in alternate layers, and after pouring over the broth, boil the whole on a moderate fire for 15 to 20 minutes. Then add the remainder of the butter on the surface, and place the vessel in a hot oven for 10 to 12 minutes.

## THE ORIENTAL COOK BOOK

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### 22. \* FAVA BEANS WITH MEAT.

[PAKLA BASDI.]

#### Ingredients:

Meat....  $\frac{1}{2}$  pound, fat, of beef, mutton or lamb.  
Fava Beans ..... 3 cupfuls.  
Dry Onions ..... 2.  
Mint .....  $\frac{1}{4}$  bunch.  
Broth ..... 2 cupfuls.

Salt and pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces and fry in own fat, until light brown; with it put the trimmed fava beans, in a deep suitable vessel, and season to taste. Then cover the whole with the onions cut in slices, adding also the finely cut mint; and after pouring the broth over it, boil on a moderate fire until tender. Refrain from stirring the contents of the vessel during the process of boiling, as this will cause the beans to become black, unless the stirring is done with a wooden spoon.

\* See special list of Oriental Ingredients.



## VEGETABLES WITH MEAT

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### 23. TURNIP WITH MEAT.

[SHALGHAM BASDI.]

#### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Turnips ..... 3 pounds.  
Dry Onions ..... 2, medium.  
Carrot ..... 1.  
Parsley ..... 1 bunch.  
Broth (or plain water)..... 1 cupful.  
Salt and red pepper, to taste.

#### Method:

Cut the meat into small pieces and fry in own fat, with the coarsely chopped onions, until a light brown. Then add the turnips cut into walnut-sized pieces, also the carrot and the parsley, finely cut. This done, season the whole to taste, pour the broth over it and boil on a moderate fire until the meat is very tender. Serve with lemon.

### 24. SPINACH WITH MEAT.

[ISBANAK BASDI.]

#### Ingredients:

Meat..... 1 pound, fat, of mutton or lamb.  
Spinach ..... 2 quarts.  
Dry Onions ..... 2 to 3, medium.  
Broth (or plain water)..... 2 cupfuls.  
Egg ..... 1.  
Lemon ..... 1.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Cut the meat into egg-sized portions and fry in own fat with the coarsely chopped onions, in a suitable vessel until a light brown. Mix with this the well-cleaned, washed and coarsely cut spinach. Season to taste, and after adding the broth, boil over a moderate fire until the meat is tender.

Dressing made of the beaten egg and the juice of the lemon mixed should be added after first blending it with part of the broth of the *Basdi*.

### 25. GREEN PEAS WITH MEAT.

[BEZELIA BASDI.]

#### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Peas ..... ½ quart.  
Dry Onions ..... 2, medium.  
Broth (or plain water)..... 1 to 2 cupfuls.  
Salt and pepper, to taste.

#### Method:

Cut the meat into small pieces and fry in own fat with the chopped onions, in a suitable vessel. To this add the peas and season to taste. Then pour over the broth and boil on a moderate fire until the meat becomes tender and done.

## VEGETABLES WITH MEAT

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### 26. CANNED GREEN PEAS WITH MEAT.

[KOUTOU BEZELIA ETLI.]

#### Ingredients:

Meat.....  $\frac{1}{2}$  pound, of lamb.  
Dry Onions ..... 2, medium.  
Tomatoes ..... 3 to 4 tablespoonfuls  
of canned tomatoes.  
Peas ..... 1 can.  
Salt and pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces, and fry for twenty minutes; then slice in the onions and put in the tomatoes, and continue frying 8 to 10 minutes longer. Then put in the contents of the can of green peas, season to taste and boil over a medium fire until done.

## THE ORIENTAL COOK BOOK

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### 27. CELERY AND LEEK WITH MEAT.

[KEREVIZ—PRASSA BASDI.]

#### Ingredients:

Meat.....	1/2 pound, fat, of mutton or lamb.
Celery .....	2 whole stalks.
Leeks .....	2 to 3 medium bunches.
Tomatoes... 1 to 2, ripe (or 2 to 3 tablespoonfuls of canned tomatoes).	
Broth .....	2 cupfuls.
Egg .....	1.
Lemon .....	1.

Salt and red pepper, to taste.

#### Method:

Cut the meat into walnut-sized pieces and fry in own fat. Then cut the celery and the leek into one and one-half inch lengths and put with the fried meat. Season with salt and the red pepper, adding also the tomatoes cut into small pieces. Cover the whole with the broth and boil over a moderate fire until the meat and the vegetables are very tender.

When done, dressing made of the beaten egg and the juice of the lemon should be poured over, after the mixture is first blended with part of the gravy of the *Basdi*.

## VEGETABLES WITH MEAT

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### 28. ASPARAGUS WITH MEAT.

[ENGHINAR-FIDAN "KOUSH CONMAZ" BASDI.]

#### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Broth (or plain water)..... 1 cupful.  
Asparagus ..... 1 large bunch.  
Dry Onions ..... 2, medium.  
Egg ..... 1.  
Lemon ..... 1.  
Salt and pepper, to taste.

#### Method:

Cut the meat into small pieces and fry in own fat with the finely chopped onions, until a light brown. Also boil the asparagus in plain water for 8 to 10 minutes, strain and add to the fried meat in a suitable vessel. Season to taste, and after adding the broth continue boiling until the meat is tender.

Dressing made of the beaten egg with the lemon juice should be poured over the whole, after first blending it with part of the broth of the *Basdi*.

**29. CANNED ASPARAGUS  
WITH MEAT.**

[KOUTOU ENGHINAR—FIDAN ETLI.]

**Ingredients:**

Meat..... ½ pound, of lamb.  
Dry Onion ..... 1, medium.  
Asparagus ..... 1 can.  
Salt and pepper, to taste.

**Method:**

Cut the meat into walnut-sized pieces and fry for twenty minutes, then slice in the onion and continue frying 8 to 10 minutes longer. This ready, pour over the fried meat and onion the contents of the can of asparagus and boil it for 15 to 20 minutes over a medium fire.

Some prefer to add a dressing to this style of asparagus, made of the juice of a lemon and a beaten egg, well mixed and blended with the whole.

# VEGETABLES WITH AND WITHOUT BUTTER OR OLIVE OIL

## 1. FRIED EGGPLANT IN OMELET STYLE.

[PATLIJAN BEOREGH.]

### Ingredients:

Eggplant..... 1, medium.  
Butter.....In quantity required to fry with.  
Eggs ..... 2.  
Hard Cheese..... 2 to 3 tablespoonfuls, grated.  
Parsley .....  $\frac{1}{2}$  bunch.  
Salt and pepper, to taste.

### Method:

Slice the eggplant in less than one-half-inch disks and fry slightly with butter in a large flat pan. Then make a mixture of the eggs, the grated cheese and very finely cut parsley, and after seasoning it to taste, pour it over each piece of the eggplant, and continue frying until brown on both sides.

**2. FRIED MARROW-PUMPKIN  
IN OMELET STYLE.**

[KABAK BEOREGH.]

This is a kind of small pumpkin, often in the thickness of a person's arm, white and soft skinned, better known as *Vegetable Marrow*.

**Ingredients:**

Pumpkin..... 1, medium.  
Butter.....In quantity required for frying.  
Eggs ..... 2.  
Hard Cheese..... 2 to 3 tablespoonfuls, grated.  
Parsley ..... ½ bunch.  
Salt and pepper, to taste.

**Method:**

Pare and slice the pumpkin in less than one-half-inch disks and fry slightly in butter in a large flat pan. Then make a mixture of the eggs, the grated cheese, and some finely cut parsley, and after seasoning it to taste, pour it over each piece of the pumpkin and continue frying until brown on both sides.



## VEGETABLES WITH BUTTER, ETC.

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### 3. MASHED EGGPLANT.

[PATLIJAN EZMEH.]

#### Ingredients:

Eggplants..... 2, medium.  
Dry Onions ..... 1 to 2.  
Parsley ..... ½ bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Roast the eggplants well over a hot fire, skin and mash with the aid of a spoon, after first chopping with a chopper. Then mix with this the onions and the parsley, both very finely cut. Season to taste and let rest for two to three hours.

When ready to serve, use the olive oil over it. A few black olives placed on top of the plate will not look out of place.

### 4. MASHED DRY BEANS.

[FASSOULIA EZMEH.]

#### Ingredients:

Dry Beans..... 2 cupfuls.  
Dry Onions ..... 1 to 2, medium.  
Parsley ..... ½ bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Soak the beans in water for 10 to 12 hours, and after the first fifteen minutes' boiling strain and boil anew in plain water, until very tender. Then strain it again and mash, mixing it with the onions and parsley, both very finely cut. Season to taste and let rest for one to two hours. When serving use the olive oil over it and a few black olives, if desired.

### 5. MASHED CHICK PEAS.

[NOHOUD EZMEH.]

### Ingredients:

Chick Peas ..... 2 cupfuls.  
Dry Onions ..... 1 to 2, medium.  
Parsley ..... ½ bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Soak the chick peas in water for 10 to 12 hours, and boil in plain water, until very tender. Then strain it and mash, mixing it with the onions and parsley, both very finely cut. Season to taste and let rest for one to two hours. When serving use the olive oil over it, and a few black olives if desired.

## VEGETABLES WITH BUTTER, ETC.

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### 6. ORIENTAL BAKED BEANS.

[FASSOULIA PULAKI.]

#### Ingredients:

Dry Beans..... 2 cupfuls.  
Garlic ..... 1 head, bulbs peeled.  
Parsley ..... 1 bunch.  
Green Pepper ..... 1, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Olive Oil ..... 3 tablespoonfuls.  
Salt and red pepper, to taste.

#### Method:

Soak the beans in plain water for 10 to 12 hours. Drain and boil for 10 to 15 minutes; then, after straining it, put in a suitable vessel, adding to it the peeled bulbs of garlic, the parsley and the green pepper finely cut, the juice of the tomatoes, the olive oil and two cupfuls of plain water. Season to taste with salt and pepper, after it is nearly half done. The baking may be done either in a moderately hot oven or on a medium fire, until the beans are tender.

Serve with lemon if desired.

# THE ORIENTAL COOK BOOK

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## 7. ORIENTAL BOILED BEANS.

[FASSOULIA PIAZ.]

### Ingredients:

Dry Beans ..... 2 cupfuls.  
Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 1.  
Salt and pepper, to taste.

### The Piaz:

Dry Onion ..... 1, medium.  
Parsley ..... 1 bunch.

### Method:

Soak the beans in water for 10 to 12 hours, and after the first boil strain. Then boil again in plain water, seasoning with salt and pepper before well cooked.

Serve this with the following mixture of dry onion (also green onions in season) and parsley, which is called *Piaz*.

Cut very finely the onion and crush it well with salt and wash. (This method helps to take out the rancidness of the onion.) Then mix with it the parsley, which must also be very finely cut.

This *Piaz* should be sifted on the beans when served, adding then also the olive oil and the lemon, the quantities of which should be determined according to the taste of each person. Black olives are usually served with this dish.

## VEGETABLES WITH BUTTER, ETC.

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### 8. BOILED LENTILS.

[MERJIMEK PULAKI.]

#### Ingredients:

Lentils ..... 1 cupful.  
Dry Onions ..... 2, medium.  
Parsley ..... ½ bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Wash the lentils and boil them in plain water four times their measure; when boiled for 15 to 20 minutes, chop the onions in, coarsely, also the parsley. Add the olive oil and then season to taste. Boil it on a medium fire until the onions and the lentils are very tender.

Some people would rather use the olive oil when serving instead of boiling it with the rest of the ingredients.

### 9. FRIED EGGPLANT, PLAIN.

[PATLIJAN TAVA.]

#### Ingredients:

Eggplant..... 1, medium.  
Butter.....In quantity required for frying.  
Eggs ..... 2.  
Salt, to taste.

**Method:**

Slice the eggplant to a thickness suitable for serving, season with salt and, after dipping into the beaten egg, fry in butter, or olive oil, if preferred.

**10. FRIED SPINACH.**

[ISBANAK TAVA.]

**Ingredients:**

Spinach..... 2 quarts.  
Eggs ..... 3 (or more, if desired).  
Butter ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

**Method:**

Clean the spinach well, cut and boil for 10 to 15 minutes and strain. Then place it evenly in a flat pan, season it to taste, and after pouring over the beaten eggs, melt the butter and pass over the whole, then bake in a moderately hot oven.

## VEGETABLES WITH BUTTER, ETC.

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### 11. SPINACH, PLAIN.

[ISBANAK SADEH.]

#### Ingredients:

Spinach..... 2 quarts.  
Flour ..... 1 tablespoonful.  
Butter ..... 2 tablespoonfuls.  
Broth (or milk)..... 1 cupful.  
Bread (stale)..... 2 to 3 slices.

Salt and pepper, to taste.

#### Method:

Clean the spinach, cut into pieces, wash well, boil for ten minutes and put through cold water. Then fry for ten minutes the flour in the butter; to this adding the spinach, also one-half of the broth. After boiling this mixture for five to eight minutes, pour in the rest of the broth, stir slowly, and continue boiling for ten minutes longer.

Serve this hot and with a little hot butter poured over it.

The stale bread slices may be cut into square pieces and fried in butter and arranged over the spinach. The broth may be replaced with milk.

## THE ORIENTAL COOK BOOK

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### 12. EGGPLANT WITH OLIVE OIL.

“The Imam fainted for joy over it.”

[IMAM BYILDI.]

#### Ingredients:

Eggplants..... 2, medium.  
Dry Onions ..... 4, medium.  
Garlic ..... 1 head, bulbs peeled.  
Tomatoes..... 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Green Pepper ..... 1, medium.  
Olive Oil ..... ½ cupful.  
Salt and pepper, to taste.

#### Method:

Cut the eggplants into thick slices. Also slice the onions and have the garlic ready—the bulbs peeled. Then place these in a suitable pan, alternately, first part of the eggplants, then part of the onion, and then the bulbs of garlic scattered. Repeat this twice, or even three times, not forgetting to season each row with salt and pepper, pouring over it the juice of the tomatoes. This done, pour over the whole the olive oil and place the pan in a moderately hot oven, or cook on a slow fire until well done. Serve it hot or cold.



## VEGETABLES WITH BUTTER, ETC.

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### 13. ARTICHOKES WITH OLIVE OIL.

[ZEY TIN YAGHLI ENGHINAR.]

#### Ingredients:

Plain Water..... 2 cupfuls.  
Olive Oil..... ½ cupful (or more, if desired).  
Dry Onions ..... 15, small, skinned.  
Artichokes ..... 6, medium.  
Salt and pepper, to taste.

#### Method:

In a suitable vessel put the water and the olive oil, also the small onions, skinned but not cut, season to taste and boil until the onions are half done. To this add the cleaned and trimmed artichokes and continue boiling until nearly all the water is evaporated. Serve it hot or cold.

### 14. CANNED ARTICHOKE WITH OLIVE OIL.

[KOUTOU ENGHINAR ZEY TIN YAGHLI.]

#### Ingredients:

Artichokes..... 1 can.  
Dry Onion ..... 10 to 12, very small.  
Olive Oil ..... ¼ cupful (or less, if desired).  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Skin the onions, but do not cut, and fry nearly half done in the olive oil. Over this add the contents of the can of artichokes, and after seasoning the whole to taste boil over a medium fire for 15 to 20 minutes, or until the artichokes are well cooked. Serve it hot or cold.

### 15. GREEN BEANS WITH OLIVE OIL.

[TAZEH FASSOULIA YAGHLL.]

### Ingredients:

Green Beans..... 1 quart.  
Dry Onions ..... 3, medium.  
Green Pepper ..... 1, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Olive Oil ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Clean and trim the beans, splitting them lengthwise, crush with some salt and, after washing, arrange them in a suitable vessel. Slice over this the onions and the green pepper. Also add the juice of the tomatoes. Season to taste, and after pouring in the olive oil, boil on a moderate

## VEGETABLES WITH BUTTER, ETC.

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fire for 10 to 15 minutes, when one-half cup of plain water should be added, and then left over a slow fire to simmer until done. Serve it hot or cold.

### 16. \* FAVA BEANS WITH OLIVE OIL.

[ZEYTIM YAGHLI PAKLA.]

#### Ingredients:

Fava Beans ..... 1 quart, fresh.  
Dry Onions ..... 3, medium.  
Mint ..... ½ bunch.  
Olive Oil ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Trim the beans and put in a suitable vessel. Over this slice the onions and scatter the mint cut fine. After adding the olive oil and half a cup of water, season to taste and boil on a moderate fire until well cooked and the beans are tender, *but refrain from stirring, as the touch of a spoon or the like will cause these beans to become black.* Serve it hot or cold.

\* See Special List of Oriental Ingredients.

**17. CANNED GREEN BEANS  
WITH OLIVE OIL.**

[KOUTOU TAZEH FASSOULIA YAGHLI.]

**Ingredients:**

Green Beans ..... 1 can.  
Dry Onions ..... 2, medium.  
Green Pepper ..... 1, medium.  
Tomatoes.....2, ripe (or 2 to 3 tablespoonfuls  
of canned tomatoes).  
Olive Oil ..... 2 to 3 tablespoonfuls.  
Salt and pepper, to taste.

**Method:**

Heat the olive oil and in it cut the onions. After 10 to 15 minutes' frying, add also the tomatoes and the green pepper finely cut. Allow five to eight minutes for the latters to cook, when the contents of the can of green beans should be poured in and seasoned to taste. Boil over a medium fire until the beans are sufficiently cooked. If necessary some plain warm water may be added during the time of boiling. Serve it hot or cold.

## VEGETABLES WITH BUTTER, ETC.

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### 18. BAKED POTATOES WITH OLIVE OIL.

[PATATES PULAKI.]

#### Ingredients:

Potatoes..... 1 quart.  
Olive Oil .....  $\frac{1}{2}$  cupful.  
Garlic ..... 1 head, bulbs peeled.  
Parsley ..... 1 bunch.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Lemon ..... 1.  
Salt and pepper, to taste.

#### Method:

In a suitable vessel place the olive oil, as much plain water, the bulbs of garlic peeled, the juice of the tomatoes, the parsley finely cut, and the potatoes, peeled and sliced into disks, one-fourth of an inch thick. Season the whole to taste, and either boil on a medium fire or bake in a moderately hot oven. Serve it hot or cold with lemon.

### 19. ASPARAGUS WITH OLIVE OIL.

[ENGEHINAR FIDAN—"KOUSH KONMAZ."  
YAGHLI.]

#### Ingredients:

Asparagus..... 2 bunches.  
Dry Onions ..... 3, medium.  
Olive Oil .....  $\frac{1}{2}$  cupful.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Chop the onions and fry in the butter until light brown. In a separate vessel boil the asparagus for five minutes, strain and then add the boiled asparagus to the fried onion. This done, season the whole to taste and, after adding a few tablespoonfuls of plain water to it, bake in a moderately hot oven. Serve it hot or cold.

## 20. CANNED ASPARAGUS WITH OLIVE OIL.

[KOUTOU ENGHINAR—FIDAN YAGHLL.]

### Ingredients:

Asparagus..... 1 can.  
Dry Onions ..... 2, medium.  
Olive Oil ..... 2 to 3 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Heat the olive oil, cut the onions into it and fry for fifteen minutes. Then pour in contents of the can of asparagus, season to taste, and boil on a slow fire for 8 to 10 minutes. If necessary add some plain warm water during the time of boiling. Serve it hot or cold.

## VEGETABLES WITH BUTTER, ETC.

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### 21. FRIED POTATOES.

[PATATES TAVA.]

#### Ingredients:

Potatoes..... 6 to 7, medium.  
Butter.....In quantity required for frying.  
Salt and pepper, to taste.

#### Method:

Pare the potatoes, boiled or raw, and slice roundly into one-fourth of an inch thick disks. Season to taste and fry in hot butter until light brown. Serve hot.

### 22. FRIED POTATOES WITH TOMATOES.

[PATATES TAVA DOMATESLI.]

#### Ingredients:

Potatoes..... 7 to 8, medium.  
Butter.....In quantity required for frying.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Plain Hot Water.....  $\frac{1}{2}$  cupful.  
Salt and pepper, to taste.

#### Method:

Pare the potatoes (boiled or raw) and slice into disks one-fourth of an inch thick, season to

## THE ORIENTAL COOK BOOK

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taste and fry in hot butter until half done; then add the juice of the tomatoes and the plain hot water, and simmer on a slow fire for 10 to 15 minutes. Serve hot.

### 23. BOILED DRY BEANS.

#### Another Style.

[KOUROU FASSOULIA YAHNI.]

#### Ingredients:

Dry Beans..... 1 cupful.  
Dry Onions ..... 3, medium.  
Butter ..... 2 tablespoonfuls.  
Tomatoes..... 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Soak the beans in water for 10 to 12 hours, boil in new water for 15 to 20 minutes and strain. Then with clean water twice their measure, put in a suitable vessel, adding also the tomatoes cut into small pieces, and the onions which should first be fried in the butter until light brown. Season the whole to taste, and boil over a moderate fire until tender. Serve hot.



## VEGETABLES WITH BUTTER, ETC.

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### 24. CAULIFLOWER FRIED.

[CARNABIT TAVA.]

#### Ingredients:

Cauliflower..... 1 head, medium.  
Butter..... 2 tablespoonfuls.  
Eggs ..... 2.  
Salt and pepper, to taste.

#### Method:

Boil the cauliflower slightly in a large vessel, and when sufficiently cold slice it into pieces one-third of an inch thick, season to taste and, after dipping into the beaten eggs (or plain flour), fry in burning hot butter on both sides. Olive oil may conveniently be used instead of butter.

### 25. CAULIFLOWER BOILED WITH OLIVE OIL.

[CARNABIT YAHNL.]

#### Ingredients:

Cauliflower..... 1 head, medium.  
Dry Onions ..... 2, medium.  
Olive Oil ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Boil the cauliflower until half done. Strain and cut into walnut-sized pieces. Then in one suit-

## THE ORIENTAL COOK BOOK

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able vessel add to it the chopped onions which should first be fried in the olive oil (or butter) until light brown, a little water, and after seasoning the whole to taste, simmer on a slow fire until well done.

### 26. CANNED CAULIFLOWER WITH OLIVE OIL.

[KOUTOU CARNABIT YAGHLL.]

#### Ingredients:

Cauliflower..... 1 can.  
Dry Onions ..... 2, medium.  
Olive Oil ..... 2 to 3 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Heat the olive oil, cut the onion into it and fry for fifteen minutes or more. Then pour over this the contents of the can of cauliflower cut into egg-sized pieces. Season to taste and let simmer on a slow fire for 10 to 15 minutes. If necessary add some plain warm water during the time of boiling. Serve it hot or cold.

## VEGETABLES WITH BUTTER, ETC.

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### 27. ORIENTAL "CHICK-PEA BALLS."

[NOHOUD TOPE.]

#### Ingredients:

Chick Peas.....	1 pound.
Dry Onions .....	10 to 12, medium.
Pistachio Nuts .....	½ cupful, shelled.
* Kishnish .....	½ cupful.
Seedless Raisins (black) .....	½ cupful.
Parsley .....	1 bunch.
* Tahin .....	1 cupful.
Olive Oil .....	2 tablespoonfuls.
Lemons .....	2.

Salt and pepper, to taste.

#### Method:

Soak the chick peas in lukewarm salty water for 10 to 12 hours, then wash well and crush very finely into a batter. Season to taste, and after dividing into five or six portions, flatten each portion into one-inch-thick cakes on separate pieces of white muslin the size of a handkerchief. This ready, prepare the following mixture for stuffing:

Chop the onions well and boil in a little plain water with the pistachio nuts, the *Kishnish* and the black raisins for ten minutes and strain. To this add the parsley finely cut, the sesame extract, the

\* See Special List of Oriental Ingredients.

## THE ORIENTAL COOK BOOK

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*Tahin*, mix well, and divide and put in the center of the chick peas spread over the muslin. This done, bring the edges of the batter together, forming each portion into a ball, and after enclosing them in the muslin pieces tie and place them loosely in a vessel nearly full of boiling water. After 30 to 35 minutes the *topes* may be considered done.

When ready to serve take out the *topes* from their muslin wraps, cut into parts and dress each plate of it with olive oil and lemon.

*Nohoud Topes* are served either hot or cold.

### 28. POTATO FRITTERS.

[PATATES BEOREGH.]

#### Ingredients:

Potatoes..... 8 to 10, medium.  
\* Hard Cheese (Kasher)...3 to 4 tablespoonfuls,  
grated.  
Eggs ..... 2.  
Parsley ..... 1 bunch.  
Butter.....In quantity required for frying.  
Salt and pepper, to taste.

#### Method:

Boil the skinned potatoes and mash them well. Mix with the eggs—beaten; also the well-grated

\* See Special List of Oriental Ingredients.

## VEGETABLES WITH BUTTER, ETC.

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hard cheese—*Kasher*, the parsley finely cut, and after seasoning the whole to taste, divide into egg-sized portions, flatten between the palms of hands and fry on both sides in hot butter.

It is better to serve these fritters while hot.

### 29. FRESH GREEN PEAS WITH OLIVE OIL.

[TAZEH BEZELIA YAGHLI.]

#### Ingredients:

Fresh Green Peas.....  $\frac{1}{2}$  quart.  
Dry Onions ..... 2 to 3, medium.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Olive Oil ..... 3 tablespoonfuls.  
Green Pepper ..... 1, medium.  
Salt and pepper, to taste.

#### Method:

Boil the fresh green peas (or hard peas first soaked in lukewarm water for 4 to 5 hours) in equal measure of plain water until half done. Cut over, then, the onions and the green pepper, also the tomatoes, season to taste and, after adding the olive oil, continue boiling on a moderate fire until done. Serve hot.

## 30. CANNED PEAS WITH OLIVE OIL.

[KOUTOU BEZELIA YAGHLI.]

### Ingredients:

Peas..... 1 can.  
Dry Onions..... 2, medium.  
Olive Oil ..... 3 tablespoonfuls.  
Tomato Sauce (Ketchup).. 2 to 3 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Heat the olive oil, cut into it the onions, and after twenty minutes' frying add the tomato sauce. Over this pour the contents of the can of peas, season to taste, and boil the whole over a medium fire for 15 to 20 minutes. Serve hot.

Note.—Many other vegetable dishes may be composed and cooked after the styles described in the preceding recipes, with more or less variations. This matter, however, is left entirely with the cook and her judgment of appropriate ingredients.

## STUFFED DISHES

[DOLMA.]

Stuffed Dishes — *Dolma* — that are made either with meat or olive oil are exclusively Oriental. They are as popular as the *Boiled Dishes* or the *Vegetables with Meat*, and there is no exclusive Oriental occasion, such as a wedding or other feast, where they do not appear in one way or another.

While the stuffing—*Dolma*—is comparatively a simple composition, yet it is done in such various ways, and each different style has so individual a flavor that no one tires of this method of cooking.

*Dolma* is a simple, yet a very natural and nutritious food, very easily prepared and cooked. In Occidental cooking it is perhaps the most curious and striking novelty offering something both new and useful as well.

Stuffed dishes are somewhat in vogue now in Western countries, but, compared with the Oriental styles, which may well be taken as original, they are mere imitations in quality and in taste.

## THE ORIENTAL COOK BOOK

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We are very confident that housewives who try the *Dolma* will have their curiosity soon changed into something that might be called a *sense of duty*, because when they once find out the intrinsic value of the *Dolma* as a principal food, they will feel it due to themselves and to their families to repeat it several times a week. We have many positive proofs of such cases.



## STUFFED DISHES WITH MEAT

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### RECIPE FOR STUFFING

WITH

*Tomatoes, Green Peppers, Cucumbers, Vegetable  
Marrows, Eggplants, Onions, Cabbage;  
Vine-Leaves and Quinces.*

### THE "DOLMA" MIXTURE.

Stuffing—"Dolma"—consists of the following ingredients and their approximate quantities:

Meat.....	1 pound, fat and ground, of lamb or mutton.
Rice .....	$\frac{1}{4}$ pound, well washed.
Dry Onions.....	3 to 4, medium, finely chopped.
Parsley.....	1 bunch, finely chopped.
Plain Water .....	2 to 3 tablespoonfuls.
	Salt and pepper, to taste.

In a large bowl the above should be well mixed together by hand. If there is more stuffing than needed make walnut-sized balls of the remainder and cook with the "Dolma."

## THE ORIENTAL COOK BOOK

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### 1. STUFFED TOMATOES.

[DOMATES DOLMA.]

Take ten or twelve good and round tomatoes and cut the tops in such a way that these may still remain attached to the whole ones in order to act as lids. Then after digging out each tomato with the aid of either a sharp knife or a spoon, fill lightly with the "*Dolma*" mixture—as described above. This done, pierce each on the four sides with a fork and arrange tightly side by side, in a deep flat pan. Between the stuffed tomatoes may be put the centers of the tomatoes, which will help to enrich the gravy. Before placing the pan on a slow fire for boiling or in a moderately hot oven for baking, pour one or more cupfuls of broth or plain water over the stuffed tomatoes. Serve hot.

Note.—It is common to mix stuffed Tomatoes with Stuffed Green Peppers, when these are cooked together in this style; the flavor of one increases the flavor of the other.

### 2. STUFFED GREEN PEPPERS.

[FRENCH BIBER DOLMA.]

Use ten to twelve large and round green peppers, cut the tops and dig out their seedy parts with fingers. Then fill all lightly with the

## STUFFED DISHES WITH MEAT

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“*Dolma*” Mixture. This done, pierce each one on the four sides with the point of a knife and arrange them tightly, side by side, in a suitable vessel or a deep flat pan. Cut two or three ripe tomatoes (or 4 to 5 tablespoonfuls of canned tomatoes) and place between the peppers, adding one cupful or more broth (or plain water). Cook it either on a slow fire or in a moderately hot oven. Serve hot.

### 3. STUFFED CUCUMBERS.

[KHIYAR DOLMA.]

Pare eight to ten cucumbers of medium size slightly, dig out their seedy parts with the aid of a narrow and pointed knife, stuff with the “*Dolma*” mixture, and after piercing each one with a fork arrange in a suitable pan, side by side. Add two or three ripe tomatoes, cut into small pieces (or three to four tablespoonfuls of canned tomatoes) and then pour over one cupful or more of broth, or plain water. Cook either on a slow fire or in a moderately hot oven.

Dressing—*Terbieh*—made of one beaten egg and the juice of one lemon mixed, may be added to the whole, after blending the mixture first with part of the *Dolma* gravy. Serve hot.

## 4. STUFFED VEGETABLE MARROWS.

[KABAK DOLMA.]

The number of the marrows used in making this *Dolma* is entirely dependent upon their size. These should be cut into three or four pieces—each piece from three to five inches long (see *Stuffed Cucumbers*, Style No. 3). Do not omit the dressing made of beaten eggs and the juice of a lemon mixed.

## 5. STUFFED EGGPLANTS.

[PATLIJAN DOLMA.]

Do not skin the eggplants, but if they are large cut them into two, roundly. Dig out the seedy parts. Pierce on the four sides and leave in plain water until the stuffing is finished; after stuffing, arrange them in a deep pan, side by side, and cut over them two to three ripe tomatoes (or three to four tablespoonfuls of canned tomatoes). Then pour on one cupful or more broth (or plain water) and cook either on a slow fire or in a moderately hot oven. Serve hot.

## STUFFED DISHES WITH MEAT

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### 6. STUFFED ONIONS.

[SOGHAN DOLMA.]

Take 12 to 15 large dry onions, skin and cut each on one side—lengthwise—and leave in boiling water for eight or ten minutes, or until they are sufficiently soft to take each wrapping apart without tearing. Then take small portions of the *Dolma* mixture, enclose and wrap in each fraction of the onions and arrange them, side by side, in a deep vessel, adding over the whole the juice of two or three ripe tomatoes, a pinch of red pepper, also one cupful or more of broth (or plain water). Cook either on a slow fire or in a moderately hot oven.

### 7. STUFFED CABBAGE.

[LAHANA DOLMA—"SARMA."]

The cabbage used for stuffing purposes should be smooth and the leaves thin.

Of one such cabbage take the leaves apart, very carefully and without tearing, and put in boiling water until they become sufficiently soft. Then cut each leaf into two-inch-wide strips, lengthwise, and at one end of each strip place a small piece of the "*Dolma*" mixture and wrap in

## THE ORIENTAL COOK BOOK

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a triangular form and arrange side by side in a deep vessel. If this method of stuffing proves tedious, then simply cut the cabbage leaves into two parts and into each part wrap stuffing the size of the forefinger, and arrange in the vessel. This done, add to it the juice of two or three ripe tomatoes, a pinch of red pepper, also one cupful or more broth (or plain water) sufficient to reach the surface of the *Dolma*. Cook either on a slow fire or in a moderately hot oven. Serve hot.

Note.—To prevent the mingling of the *Dolma* units with one another, it is advisable to place a plate over them—upside-down—during the process of boiling. When serving take the *Dolma* out with the aid of a fork.

### 8. STUFFED VINE LEAVES.

[ASMA-YAPRAK DOLMA.]

As the vine-leaves used for stuffing purposes are preserved in salty water, it is, therefore, necessary to put them in boiling water for 10 to 15 minutes, then press in order to rid them of the saltiness.

This done, take a small portion of the *Dolma* mixture and wrap it in a leaf. The wrapping may be done in the following manner:

## STUFFED DISHES WITH MEAT

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Place the stuffing at the stem end, but in the inside of the leaf, and fold both sides in—one overlapping the other—then roll over toward the end of the leaf.

Thus, the wrapped *Dolma* should be arranged, side by side, in a suitable vessel, and covered with broth (or plain water), chopping over it also one stalk of rhubarb (if handy) to give it a desirable sour flavor. Then after pressing it down with a plate to prevent the mingling of the *Dolma* units, add one cupful or more broth or plain water, boil on a slow fire until the vine-leaves are very tender and edible.

Dressing made of two beaten eggs and the juice of one lemon should be poured over, after first blending it with part of the *Dolma* gravy.

Serve hot and take out with the aid of a fork.

Note.—Some like *Matzoun* over it, but if dressing is made, then *Matzoun* is out of place entirely.

**9. STUFFED QUINCES.**

[IVA DOLMA.]

Take six to eight small but round quinces and clean them of their seedy parts. Pierce on the four sides with a sharp-pointed knife, and after stuffing each one with the "*Dolma*" mixture, arrange side by side, in a suitable deep pan. Boil either on a slow fire or in a moderately hot oven.

Dressing made of two beaten eggs and the juice of one lemon should be poured over them, after first blending it with part of the *Dolma* gravy.

Serve hot.



## OTHER STUFFED DISHES

### 1. STUFFED OYSTERS WITH OLIVE OIL.

[YAGHLI MIDIA DOLMA.]

#### Ingredients:

Oysters..... 50, with shells.  
Olive Oil ..... 1 cupful (or less).  
Dry Onions ..... 12 to 15, medium.  
Rice ..... 1 cupful.  
Black Raisins ..... ½ cupful, seedless.  
Pistachio Nuts..... ½ cupful, shelled.  
Parsley ..... 1 bunch.  
Sugar ..... 1 tablespoonful.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).  
Cinnamon ..... 2 pinches.  
Salt and pepper, to taste.

#### Method:

Wash and clean the shells of the oysters and open them without taking apart, then prepare the stuffing in the following manner:

Chop the onions and fry in the olive oil until light brown; then add the rice, and after ten to fifteen minutes of frying the latter add the finely

## THE ORIENTAL COOK BOOK

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cut parsley, the pistachio nuts, the raisins, also the tomatoes cut into small pieces. Finally season with cinnamon, the salt and pepper.

When this mixture is sufficiently cold, stuff each oyster shell, which contains the oyster stuck on one side, press together and arrange in a large suitable vessel, side by side. When through, put a heavy plate over the stuffed oysters to prevent mingling. Then place the vessel over a moderate fire for 5 to 10 minutes, after which plain water should be poured in, hardly reaching the surface of the oysters. Boil on a strong fire until the rice is very tender.

Serve with lemon, either hot or cold, as desired.

### 2. STUFFED TOMATOES WITH OYSTERS.

[MIDIALI DOMATES DOLMA.]

#### Ingredients:

Tomatoes..... 12, ripe and round.  
Oysters..... 2 dozen, without shells.  
Dry Onions ..... 3 to 4, medium.  
Garlic ..... 6 bulbs, peeled and pressed.  
Parsley ..... 1 bunch.  
Crackers ..... 5 to 6, finely crushed.  
Salt and pepper, to taste.

## OTHER STUFFED DISHES

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### Method:

Cut the tops of the tomatoes in such a way as to leave them partly attached to the whole ones, in order to act as lids; then, after digging out the inside of each tomato with the aid of either a spoon or a sharp knife, fill lightly with the stuffing made of the ingredients listed above and prepared in the following manner:

Cut the oysters into halves, thirds or quarters, adding the finely chopped onions, the juice of the garlic, the finely cut parsley and the well-crushed crackers. Season to taste and mix well.

The stuffed tomatoes should then be arranged in a suitable pan, side by side, and after covering the whole with a little more crushed crackers, bake in a moderately hot oven until well cooked.

Serve hot.

# THE ORIENTAL COOK BOOK

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## 3. STUFFED TONGUE.

[DIL DOLMA.]

### Ingredients:

Tongues..... 6, of sheep or lamb.  
Rice .....  $\frac{1}{2}$  cupful, well washed.  
Butter ..... 1 tablespoonful.  
Dry Onions ..... 2 to 3, medium.  
Black Raisins.....  $\frac{1}{4}$  cupful, seedless.  
Pistachio Nuts...  $\frac{1}{4}$  cupful, shelled and chopped.  
Spice ..... 1 pinch.

Salt and pepper, to taste.

### Method:

Leave the tongues in cold water for one or two hours, then wash well, skin and cut open on the one side, lengthwise, but not to the outermost ends. Then make the mixture of the ingredients listed above in the following manner:

Fry well in the butter the well-washed rice and the finely chopped onions, and after five to ten minutes add the raisins and the pistachio nuts, well chopped, also the spice and salt and pepper to taste.

With this mixture fill the openings of the tongues with the aid of a spoon, and either tie or sew them with white thread to prevent scattering the ingredients. Then arrange the stuffed tongues

## OTHER STUFFED DISHES

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side by side in a suitable pan, and after covering them with plain water, boil over a moderate fire.

Serve hot and use the broth as soup, if desired.

### 4. "SLIPPER" DOLMA A LA GREEK.

[PABOUJAKIA DOLMA.]

#### Ingredients:

Vegetable Marrows..... 6, small and thin  
(or cucumbers).  
Butter ..... 2 tablespoonfuls.  
Hard Cheese ..... 3 tablespoonfuls, grated.  
Parsley ..... 1 bunch.  
Eggs ..... 2.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

#### Method:

Pare the marrows slightly, and boil in plain water for eight or ten minutes. Then remove from the water, and dig out the inside seedy parts from one end. This done, chop finely the insides together with the parsley and fry in the butter. When sufficiently cold, mix with it the eggs, also the cheese, season to taste, and with this mixture stuff the marrows. Arrange these in a suitable

## THE ORIENTAL COOK BOOK

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pan, side by side, cut the tomatoes over them and cover with plain water. Then simmer over a moderate fire for fifteen to twenty minutes.

Serve hot.

Note.—Cucumbers may conveniently be used instead of Vegetable Marrows, if the latter are difficult to obtain.

### 5. “DOLMA”—“Lazy Men’s Style.”

[TEMBEL DOLMA.]

#### Ingredients:

Cabbage or vegetable marrows, or cucumbers,  
or eggplants, or leeks.....3 pounds or more.  
Dry Onions ..... 4 to 5, medium.  
Parsley ..... 1 bunch.  
Rice ..... ½ cupful.  
Olive Oil ..... ½ cupful.

Salt and pepper, to taste.

#### Method:

Chop the onions and fry in the olive oil until brown, then add the chopped parsley; over this put the eggplants (or the vegetable marrows, or the cucumbers), cut into egg-sized pieces. (If cabbage or leeks are used boil for ten minutes and strain before mixing with the fried onions and parsley.) After five or ten minutes, pour in one

## OTHER STUFFED DISHES

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cupful or more water. When half done, add the rice, season to taste, and continue boiling over a moderate fire until the rice is very tender.

Serve hot.

### 6. "IMITATION DOLMA."

[YALANJI DOLMA.]

#### Ingredients:

Eggplants (or cabbage)..... 3 to 4 pounds.  
Tomatoes..... 2, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Olive Oil ..... ½ cupful.  
Dry Onions ..... 4 to 5, medium.  
Rice ..... ½ cupful, well washed.  
Parsley ..... 1 bunch.  
Salt and pepper, to taste.

#### Method:

Chop the onions and fry in the olive oil until light brown, then add the rice and continue frying for ten to twelve minutes. To this add the parsley, finely cut. When ready, cut the eggplants lengthwise into half-inch slices (the cabbage into small pieces), and with the fried rice arrange, alternately, in a suitable vessel, in four or five layers, meanwhile pouring the juice of the tomatoes, and seasoning to taste. One-half cupful of plain

## THE ORIENTAL COOK BOOK

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water may then be added. Simmer over a moderate fire until done.

Serve it hot or cold.

### 7. STUFFED CABBAGE WITH OLIVE OIL.

[LAHANA DOLMA YAGHLI.]

#### Ingredients:

Cabbage..... 1 head, medium.  
Dry Onions ..... 7 to 8, medium.  
Rice ..... ½ cupful.  
Olive Oil ..... ½ cupful.  
Salt and pepper, to taste.

#### Method:

From one good smooth head of cabbage take the leaves apart and boil in hot water for five or ten minutes, to make them pliable. Also, in a separate vessel, fry in the olive oil, the chopped onions with the washed rice until brown. Season to taste. When both are ready, cut the cabbage leaves into two or three inch-wide strips, and after placing a tablespoonful of the fried rice in each strip of cabbage, roll in shape of a forefinger or in a triangle form, arranging all, side by side, tightly in a deep vessel. When all are ready, pour over the



## OTHER STUFFED DISHES

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whole one cupful or more plain water and cook, until done, over a medium fire.

Serve it either hot or cold, with lemon.

### 8. STUFFED VINE LEAVES WITH OLIVE OIL.

[YAPRAK DOLMA YAGHLL.]

#### Ingredients:

Vine Leaves.....	1/2 pound.
Dry Onions .....	7 to 8, medium.
Rice .....	1/2 cupful.
Olive Oil .....	1/2 cupful.
Salt and pepper, to taste.	

#### Method:

Wash the vine leaves in lukewarm water well, and carefully separate them, ready to use. Then in a deep vessel fry in the olive oil, the chopped onions with the washed rice until brown. Season to taste. Wrap in each leaf a tablespoonful of this mixture, arranging the wrapped *Dolmas* in another vessel, side by side, tightly. When finished, pour over the whole one cupful or more plain water, and boil, until done, over a medium fire.

Serve it hot or cold with lemon.

**9. STUFFED CUCUMBERS  
WITH OLIVE OIL.**

[KHIYAR DOLMA YAGHLI.]

**Ingredients:**

Cucumbers..... 5 to 6, pared.  
Dry Onions ..... 6 to 7, medium.  
Rice ..... ½ cupful.  
Olive Oil ..... ½ cupful.  
Salt and pepper, to taste.

**Method:**

Pare the cucumbers, cut them into halves and take out the seedy parts with the aid of a pointed sharp knife. Also in a separate vessel, fry in the olive oil the chopped onions with the washed rice, until brown, season to taste. When ready stuff the cucumbers with the mixture and arrange them, side by side, tightly in another deep vessel. This done, pour over the whole one cupful or more plain water and boil over medium fire until done. Serve it hot or cold with lemon.

## OTHER STUFFED DISHES

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### 10. STUFFED EGGPLANT WITH OLIVE OIL.

[PATLIDJAN DOLMA YAGHLI.]

#### Ingredients:

Eggplants..... 2 to 3, thin ones preferred.  
Dry Onions ..... 6 to 7, medium.  
Rice .....  $\frac{1}{2}$  cupful, well washed.  
Olive Oil .....  $\frac{1}{2}$  cupful.  
Salt and pepper, to taste.

#### Method:

Cut the eggplants into halves roundly, dig out the seedy parts, pierce on the four sides with the point of knife, and leave in plain cold water ready for stuffing. Then prepare the stuffing by frying both the chopped onions and the chopped center of the eggplants (the latter washed and freed from the seeds as much as possible) in the olive oil until light brown, then add the rice, season to taste and continue frying for ten minutes longer. When ready, stuff the eggplants with the above mixture, and arrange in a deep vessel, side by side; this done, pour in one-half cupful of plain water and cook over a slow fire until the rice is tender. Serve hot or cold.

# MINCED MEAT DISHES

## 1. MINCED MEAT A LA ARMENIA.

[ERMEHI KEOTTEH.]

### Ingredients:

Meat..... 1 pound, beef, mutton or lamb.  
Butter..... 2 tablespoonfuls (or more).  
Garlic ..... 6 to 7 bulbs, pressed.  
Cummin (spice) ..... 2 pinches.  
Salt and pepper, to taste.

### Method:

Mince the meat well, and to it add the pressed garlic, also the cummin, season to taste, mix well, and let stand for one or two hours. When ready, divide the whole into egg-sized portions. Flatten each portion in the palm of the hand, then fry on both sides in the butter. Serve with lemon, and while hot.

Note.—Some would rather broil on fire instead of frying in butter, but latter method is easy, and not too rich when lemon is used over it.

## MINCED MEAT DISHES

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### 2. MEAT BALLS WITH DRESSING.

[TERBIEHLI KEOTTEH.]

#### Ingredients:

Meat . . . . . 1 pound, fat, of beef, mutton or lamb.  
Rice . . . . .  $\frac{1}{4}$  cupful.  
Dry Onions . . . . . 4 to 5, medium.  
Parsley . . . . . 1 bunch.  
Eggs . . . . . 2.  
Lemon . . . . . 1.  
Salt and pepper, to taste.

#### Method:

Mince the meat well, and mix it with the rice and the finely cut onions and parsley. Season to taste, and make walnut-sized balls of the whole. Some plain water may have to be used both in the mixture to make the mixing easier, also in a separate plate to wet the palm of the hand during the making of the balls.

When the meat balls are made ready, heat sufficient plain water (five or six cupfuls, and the tomatoes cut into it) to a boil; then, after ten minutes, carefully place the meat balls in it, one by one, and continue boiling on a moderate fire until the rice and the meat are tender.

Dressing, which should be added only when taken away from fire, consists of the beaten eggs

## THE ORIENTAL COOK BOOK

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and the juice of the lemon mixed, blended with part of the gravy, then poured over the whole. Serve hot.

### 3. MINCED MEAT A LA SMYRNA.

[IZMIR KEOFTEH.]

#### Ingredients:

Meat..... 1 pound, of beef, mutton or lamb.  
Crackers..... 6 to 8, crushed.  
Dry Onions ..... 3 to 4, medium.  
Parsley ..... 1 bunch.  
Eggs ..... 2.  
Butter ..... 3 tablespoonfuls.

Salt and pepper, to taste.

#### Method:

Mince the meat well, and mix with it the well crushed crackers and the finely cut onions and the parsley. Season to taste, then make walnut-sized balls of the whole amount, flatten each one between the palms of the hands, and after dipping in the beaten eggs, fry in the butter on both sides.

Instead of the eggs, one may conveniently use plain flour to serve the same purpose.

Serve with lemon, if desired.

## MINCED MEAT DISHES

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### 4. BOILED MINCED MEAT ROLLS FRIED.

[HASHLAMA KEOFTEH.]

#### Ingredients:

Meat... 1 pound, boiled, of beef, mutton or lamb.  
Eggs ..... 2.  
Parsley ..... 1 bunch.  
Crackers ..... 7 to 8, crushed.  
Butter ..... 2 to 3 tablespoonfuls.

Salt and pepper, to taste.

#### Method:

With well boiled and cold minced meat, mix the eggs and the finely cut parsley. Season to taste, and with this mixture make rolls the size of the forefinger. Dip these in well crushed crackers or flour, and fry in smoking hot butter. Serve hot.

Dish out garnished with fancy vegetables.

## THE ORIENTAL COOK BOOK

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### 5. MINCED MEAT A LA DAMASCUS.

[HALEB KEOTTEH.]

#### Ingredients:

Meat... 1 pound, boiled, of beef, mutton or lamb.  
Potatoes..... 2 to 3, boiled and mashed.  
Eggs..... 2 to 3, yolks.  
Parsley ..... 1 bunch.  
Flour .....  $\frac{1}{2}$  cupful.  
Butter ..... 2 to 3 tablespoonfuls.

Salt and pepper, to taste.

#### Method:

Mince the meat, and mix with it the mashed potatoes. Add also the yolks of the eggs, the finely cut parsley, and season to taste. It is better to let this mixture rest for two or three hours, after which time it should be separated into walnut-sized portions, flattened between the palms of the hands, rolled in the flour, and fried in the butter.

Serve hot, garnished with suitable vegetables and a lettuce salad.



## MINCED MEAT DISHES

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### 6. MINCED MEAT A LA DAMASCUS WITH SAUCE.

[SALTZALI HALEB KEOFTEH.]

#### Ingredients:

Meat..... 1 pound, fat, of beef, mutton or lamb.  
Potatoes..... 2 to 3, mashed.  
Eggs ..... 2 to 3, yolks.  
Parsley ..... 1 bunch.  
Flour .....  $\frac{1}{2}$  cupful.  
Butter ..... 2 to 3 tablespoonfuls.  
Salt and pepper, to taste.

#### The Sauce:

White Wine ..... 1 cupful.  
Tomatoes... 2 to 3, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

#### Method:

Prepare the *Haleb Keofteh* as described in the foregoing style, No. 5, and make the following sauce for it:

Take the hot butter in which the *Keofteh* are fried and add to it either the wine or the tomato juice separately, or both, and bring to a boil on a moderate fire. Place the *Keofteh* in this boiling sauce and let all simmer for ten or fifteen minutes.

Serve hot.

# THE ORIENTAL COOK BOOK

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## 7. MINCED MEAT BALLS A LA HARPOOT.

[KHARPOUT KEOTTEH.]

### Ingredients:

Meat...2 pounds, fat, of mutton or lamb, ground.  
\* Boulghour—"Cracked Wheat"..... $\frac{1}{2}$  cupful.  
Parsley ..... 1 bunch.  
Butter ..... 2 tablespoonfuls.  
Dry Onions..... 5 to 6, medium.  
Tomatoes..... 2, ripe (or 3 to 4 tablespoonfuls  
of canned tomatoes).

Salt and pepper, to taste.

### Method:

First of all, prepare the following stuffing:

Chop fine the onions and the parsley, and with one little portion of the ground meat fry in the butter, until the onions become light brown.

This ready, take the remainder of the ground meat and make a batter of it by mixing it well with the "cracked wheat"—*Boulghour*. Then divide this mixture into egg-sized pieces, round them in the palm of your hand, flatten very thin in a concave form, and place in each one tablespoonful of the above fried mixture, then bring together the edges, thus enclosing the stuffing securely.

\* See Special List of Oriental Ingredients.

## MINCED MEAT DISHES

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When all are thus ready, half fill a deep vessel with plain water, and after cutting the tomatoes into it, bring it to the boil on a moderate fire. In this boiling water place the meat balls, after first piercing each one with a fork, on the sides. Season to taste and continue boiling until it is well done.

Serve hot with own gravy.

### 8. LADY—"HANIM'S"—FINGERS.

[HANIM BOUDOU.]

#### Ingredients:

Meat..... ½ pound, fat, of mutton or lamb.  
Dry Onions..... 2 to 3, medium.  
Parsley ..... ½ bunch.  
Eggs ..... 2.  
Crackers..... 10 to 12, crushed.  
Butter.....In quantity required for frying.  
Salt and pepper, to taste.

#### Method:

Grind the meat very fine, and with it mix the onions and the parsley, both chopped very fine, also the beaten eggs and one-fourth of the crushed crackers. Season to taste, divide the whole into forefinger sizes after rolling them in the remaining crushed crackers, fry in hot butter.

Serve hot, garnished with fancy vegetables.

9. "MEAT-BREAD."

The Great Syrian Dish.

[LAHM-AJOUN.]

Ingredients :

- \* Pideh ..... 3 to 4, medium sized.
- Meat, minced..... ½ pound, of lamb or mutton.
- Tomatoes... 2 to 3, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).
- Green Pepper ..... 1, medium.
- Parsley ..... 1 bunch.
- Spice ..... 1 pinch.
- Salt and pepper, to taste.

Method :

Mix the minced meat with the tomatoes, green pepper and the parsley, all well and finely chopped. Season the mixture to taste with the spice, salt and pepper, then arrange the "pideh" (or toasted slices of bread) in a flat suitable pan, and cover lightly with the mixture. This done place the pan in a moderately hot oven until the meat is done. Serve hot. Buttermilk should be served with this dish to conform with the habit of the country.

Pideh may also be substituted with well-done toast.

\* See Special List of Oriental Ingredients.

## MISCELLANEOUS

### 1. FRIED BRAIN.

[BAYIN TAVA.]

#### Ingredients:

Brains ..... 2 (or more), of lamb.  
Eggs ..... 2 to 3.  
Crackers ..... 6 to 8, crushed.  
Butter.....In quantity required for frying.  
Salt, to taste.

#### Method:

Boil the brains in boiling water for ten to fifteen minutes, then dip in the mixture made of the beaten eggs and finely crushed biscuits, seasoned with salt, and fry on both sides in smoking hot butter.

Serve on lettuce leaves with red radishes.

### 2. FRIED LIVER.

[JIGHER TAVA.]

#### Ingredients:

Liver.....1 pound, of lamb or calf.  
Flour..... 2 to 3 tablespoonfuls.  
Butter ..... 2 tablespoonfuls.  
Salt, to taste.

#### Method:

Cut the liver into portions, suitable to serve, wash well and salt. Then after dipping each piece

## THE ORIENTAL COOK BOOK

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in flour, fry in smoking hot butter, or olive oil.  
Serve with sliced onions, if desired.

### 3. BRAISED LIVER.

[JIGHER KAVOURMA.]

#### Ingredients:

Liver..... 1, whole, of mutton or lamb.  
Heart ..... 1, whole.  
Dry Onions ..... 5 to 6, medium.  
Butter ..... 3 tablespoonfuls.  
Tomatoes... 3 to 4, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Vinegar ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Cut the liver and the heart into small pieces, wash and salt, and fry in a suitable vessel by itself. Then add the chopped onions and stir. After ten minutes put in the butter—or olive oil instead—a pinch or so of pepper, and continue frying until nearly done. Then the tomatoes should be cut over the whole, the vinegar added with as much water, and all cooked ten or twelve minutes longer, or until done.

Serve with lettuce salad.

Note.—If butter is used for frying, it is necessary to serve this dish hot; but in the case of using olive oil, it may be served either hot or cold.

## MISCELLANEOUS

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### 4. SPINACH PIE.

[ISBANAK PIDEH.]

#### Ingredients:

Flour ..... 2 pounds.  
Spinach ..... 2 quarts.  
Eggs ..... 2 to 3.  
Dry Onions..... 2 to 3, medium.  
Hard Cheese. .3 tablespoonfuls, grated (optional).  
Salt and pepper, to taste.

#### Method:

Make a plain stiff batter of the flour and some lukewarm water, then after rolling it out to one-eighth of an inch thickness, cut into pie dish sizes and hold ready for stuffing with the following:

Wash the spinach well, and boil until half done, then pass it through cold water, cut into small pieces, and mix well with the beaten eggs and the finely chopped onions (also the grated cheese, if desired). Season to taste.

The above mixture should then be placed between the rolled batter lining the edges with the trimmings and pressed together, notching at regular intervals. Make holes in the center of the tops and bake in hot oven until well done.

## THE ORIENTAL COOK BOOK

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### 5. "STEAMED" ANCHOVIES OR SMELTS.

[KHAMSI BALUCK "BOUGHLAMA."]—GHUMUSHE.

#### Ingredients:

Anchovies .....	2 pounds.
Olive Oil .....	$\frac{1}{4}$ cupful.
Plain Water .....	$\frac{1}{2}$ cupful.
Salt and pepper, to taste.	

#### Method:

Wash the anchovies, season and arrange in a flat pan, then pour over the olive oil and the water and cook over a moderate fire until well done.

Note.—Smelts may be treated in like manner.

### 6. BOILED TRIPE WITH DRESSING.

[ISHIGHEMBEH TERBIEHLI.]

#### Ingredients:

Tripe.....	1 pound, of mutton or lamb.
Eggs .....	2.
Vinegar .....	2 tablespoonfuls.
Garlic .....	6 bulbs, pressed.
Salt and pepper, to taste.	



## MISCELLANEOUS

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### Method:

Take the finely cleaned tripe and chop into very small pieces and boil until tender, in plain water, at least four times its measure.

This done, make the following dressing—*Terbieh*—ready:

Beat the eggs and mix well with the vinegar, and after adding to it the juice of the garlic, blend it with a small portion of the broth of the tripe, then pour the entire *Terbieh* over the whole and stir.

Serve hot, and as if it were soup.

### 7. "MARINATO"—FRIED LIVER— A LA GREEK.

[ROUME JIGHER TAVA.]

### Ingredients:

Liver..... 1 pound, of calf or lamb.  
Tomatoes... 3 to 4, ripe (or 4 to 5 tablespoonfuls  
of canned tomatoes).  
Vinegar ..... 3 tablespoonfuls.  
Thyme ..... 1 teaspoonful.  
Olive Oil.....In quantity required for frying.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Wash the liver well and season with salt, then fry lightly in the olive oil, on both sides.

In a separate deep pan, cut the tomatoes into small pieces, and with the vinegar, the thyme and a little pepper, boil for five or ten minutes, after which time the fried liver should be cut into small pieces, and added to the above sauce. Continue boiling for five or ten minutes longer. During the later boiling two or three tablespoonfuls of plain water may conveniently be added.

Serve either hot or cold, with a vegetable salad.

### 8. "MACARONI CAKE," Tartar Style.

[TATAR BEOREGH.]

### Ingredients:

Macaroni ..... 1 pound.  
Minced Meat..... ½ pound, of mutton or lamb.  
Dry Onions ..... 5, medium.  
Butter ..... 3 tablespoonfuls.

Salt and pepper, to taste.

### Method:

In two separate parts fry the following:  
Chop fine one-half of the onions, and with the

## MISCELLANEOUS

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minced meat fry in a pan, in part of the butter, meanwhile seasoning it to taste. Again:

In the butter fry the remainder of the finely chopped onions, until light brown.

These ready, boil well the macaroni, strain, and arrange one-half of it in a flat pan; over this place the fried minced meat, and then the remainder of the macaroni. Now add on top the fried onions, and bake the whole in a moderately hot oven.

Serve it when warm.

### 9. MINCED MEAT FRITTERS.

a la Tartar. Another Style.

[TATAR BEOEGH.]

#### Ingredients:

Minced Meat..... ½ pound, of mutton or lamb.

Dry Onions ..... 3, medium.

Butter ..... 3 to 4 tablespoonfuls.

Flour ..... 2 cupfuls.

Salt and pepper, to taste.

#### Method:

Make a stiff batter of the flour and lukewarm water, roll out very thin, and cut into four-inch squares. Then fry well the minced meat with the finely chopped onions seasoned with salt and pep-

## THE ORIENTAL COOK BOOK

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per, in part of the butter. Place this, in table-spoonful quantities, between the thin batter sheets, pressing down the edges and notching at regular intervals. When all are thus made ready, arrange in a suitable flat pan, and after pouring over the remainder of the butter, melted, bake it in a moderately hot oven until the batter is well done.

Serve hot.

### 10. SPICE-CURED BEEF.

The pride of all the Orient.

[BASDERMA.]

#### Ingredients:

Meat..... 10 pounds, fillet of beef.  
Red Pepper ..... 2 ounces.  
Garlic..... 1 pound, peeled and pressed.  
Cinnamon..... 1 ounce, powdered.  
Cloves..... 1 ounce, powdered.  
Cummin..... 4 ounces, powdered.  
Curry-powder..... ½ pound.

Salt and pepper, to taste.

#### Method:

Cut good sirloin, rump or buttock parts of beef, into one foot or more lengths and one inch or more thick, and make two or three incisions on one side of each piece. These sides should then

## MISCELLANEOUS

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be salted heavily, and all the pieces arranged in a wooden box and left in that condition for twenty-four hours. Then re-salt all the pieces on the other side and put in the box for another twenty-four hours.

This done, wash the pieces in clear water three times, string them at one end and hang in open air for ten to twelve hours during day time, after which time each piece should be wrapped lightly in cheese-cloth and placed under pressure over the night. Repeat this three days and three nights until well dry; the drying being done in the shade, and not in the sun.

Then make the following mixture ready with which the dried meat slices must be covered:

Peel the garlic, chop and press, and mix it with the red pepper, the cinnamon, the cloves, the curry, and the cummin, and season also with considerable salt and pepper, according to the amount of the meat used. This mixture should be made into a paste with the aid of some plain water, and with this paste all the meat slices should be well covered.

After dressing the meat slices with the above mixture, place them in a wooden box, one on top of

## THE ORIENTAL COOK BOOK

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the other, and leave to rest for 10 to 15 days, after which time they should again be taken out and hung in an airy place for drying.

The *Basderma* should be kept in wooden boxes, and at times taken out and aired.

When serving, slice them thinly with a very sharp knife, or cut into finger-thick pieces and heat on fire before eating. It may also be added to an omelet, cut into fine and small pieces.

Note.—American Dried Beef may conveniently be dressed with the mixture described above.

### 11. ORIENTAL SAUSAGE.

[Soudjouk.]

#### Ingredients:

Meat.....	5 pounds, of beef, mutton or lamb,
	well ground.
Garlic.....	4 to 5 heads, peeled and pressed.
Cloves.....	1 teaspoonful, powdered.
Cummin.....	1 teaspoonful, powdered.
Cinnamon.....	1 teaspoonful, powdered.
Salt.....	2 to 3 tablespoonfuls.
Pepper.....	1 teaspoonful.

Note.—The measure of the above ingredients may vary a little according to taste.

## MISCELLANEOUS

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### Method:

Take the well-ground meat, which ought to be a little fat, and with the aid of a little water, mix it well with the ingredients listed above. When the mixture is ready stuff it into sheep's gut, which must be well cleansed and trimmed on the inside and cut into ten to twelve inches or more lengths. This done, tie both the ends of each stuffed piece, and by bringing them together make rings of them and hang in open air until well dry. Keep in wooden box, but air occasionally.

Serve thinly sliced, and heated if desired.

# SAUCES

[SALTZA.]

## 1. FISH SAUCE. Baluck Saltza.

[Specially for Broiled Fish.]

### Ingredients:

Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 1.  
Eggs ..... 2.  
Parsley..... 1 bunch, small.

### Method:

Mix well the olive oil with the juice of the lemon, the yolks of the hard boiled eggs and the very finely cut parsley.

## 2. FISH SAUCE. Another Style.

### Ingredients:

Plain Water .....  $\frac{1}{2}$  cupful.  
Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 1.  
Salt .....  $\frac{1}{2}$  teaspoonful.

### Method:

Boil the salt in the water, and take away from the fire. Then after mixing the juice of the lemon



## SAUCES

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and the olive oil, blend them in the salty water by pouring in gradually and beating or stirring the water constantly.

### 3. OYSTER SAUCE. Midia Saltza.

[Specially for Fried Oysters.]

#### Ingredients:

Olive Oil ..... 1 tablespoonful.  
Vinegar ..... 1 tablespoonful.  
Garlic..... 6 bulbs, peeled and pressed.

#### Method:

Mix the olive oil with the vinegar and the juice of the garlic well, and serve.

### 4. SAUCE WITH SARDINES.

#### Sardin Saltza.

[Specially for Steaks and Roasts.]

#### Ingredients:

Sardines ..... 6 (or more).  
Butter ..... 1 tablespoonful.  
Egg ..... 1.

#### Method:

Free the sardines from the bones, chop and press well, then add to it the beaten egg and the butter, which must be warmed. Mix well and serve.

## THE ORIENTAL COOK BOOK

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### 5. VINEGAR SAUCE. Sirkeh Saltza.

[Specially for Fried Fish and Oysters.]

#### Ingredients :

Dry Onions..... 4 to 5, medium.  
Vinegar ..... 3 tablespoonfuls.  
Butter ..... 2 tablespoonfuls.  
Broth ..... 2 cupfuls.  
Parsley ..... 1 bunch.

Salt and pepper, to taste.

#### Method :

Chop the onions and boil for fifteen minutes with the vinegar and the butter, adding also the broth, the salt and the pepper to taste. Then cut in the parsley, and allow it three or four minutes boiling, after which time the mixture should be passed through a metal sieve and served.

## SAUCES

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### 6. OLIVE OIL SAUCE.

#### Zeytin Yaghli Saltza.

[Specially for Fried Fish and Oysters.]

#### Ingredients:

Lemon .....	1.
Vinegar .....	2 tablespoonfuls.
Olive Oil .....	1 tablespoonful.
Garlic.....	4 bulbs, peeled and pressed.
Parsley .....	1 bunch, small.
Salt and pepper, to taste.	

#### Method:

Mix well the juice of the lemon with the vinegar, the olive oil, the juice of the garlic, the finely cut parsley. Season to taste and serve.

### 7. SAUCE WITH BREAD.

#### Etmekli Saltza.

[Specially for Steaks.]

#### Ingredients:

Bread .....	½ loaf, inside.
Milk .....	1 cupful (or more).
Butter .....	1 tablespoonful.
Salt and pepper, to taste.	

#### Method:

Soak the inside part of the bread in the milk and then boil it for twenty minutes, when it

# THE ORIENTAL COOK BOOK

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should be seasoned to taste and then the butter added, and the boiling continued until fairly thick.

## 8. MAYONNAISE SAUCE.

### Myonez Saltza.

[Used for Meats, Fish and Oysters.]

#### Ingredients:

Parsley ..... 2 bunches.  
Olive Oil ..... 2 tablespoonfuls.  
Lemons ..... 2.  
Eggs ..... 2.  
Salt and pepper, to taste.

#### Method:

Cut the parsley very fine, press and mix with it the olive oil, the juice of the lemons, and the yolks of the eggs; then season to taste and serve.

## 9. CREAM SAUCE. Cremali Saltza.

[Specially for Broiled Meat, Roast Meat, Roast Fowls and Minced Meat.]

#### Ingredients:

Butter ..... 2 tablespoonfuls.  
Flour ..... 1 tablespoonful.  
Parsley ..... 1 bunch, small.  
Green Onions ..... 4 to 5.  
Milk ..... 1 cupful.  
Salt and pepper, to taste.

## SAUCES

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### Method:

Chop fine the parsley and the green onions, and place into a suitable vessel with the milk, the butter and the flour. Season the whole to taste and boil until well cooked. If the mixture becomes very thick—before all the ingredients are fully cooked—add a little more milk to it.

### 10. PLAIN SAUCE. Sadeh Saltza.

[Used for Broiled Meat or Fowls, broiled on spit. Steaks and Minced Meat.]

### Ingredients:

Dry Onion ..... 1, medium.  
Broth ..... ½ cupful.  
Lemon ..... 1.  
Salt and pepper, to taste.

### Method:

Take the remaining fat of any fried meat or fowl, or the drippings of broiled meat or fowl, and in it fry the finely chopped onion. Season to taste and after adding the broth, boil it until one-half of its former quantity remains. Squeeze the lemon in, before serving.

## 11. EGG SAUCE. Youmourtali Saltza.

[For Broiled Meat or Fowl on spit, Steak and Minced Meat.]

### Ingredients:

Butter .....	1 tablespoonful.
Flour .....	1 tablespoonful.
Broth .....	2 cupfuls.
Eggs .....	2.

Salt and pepper, to taste.

### Method:

Fry the flour in the butter, then add the broth, also the yolks of the eggs, which should be well beaten. Season the whole to taste and boil for ten minutes or longer, after which time one-half a tablespoonful more butter may be added. Then strain through a metal sieve.

A small bunch of very finely cut parsley added to the above sauce will enhance its delicacy.

## SAUCES

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### 12. SAUCE A LA TARTAR.

#### Tartar-Saltza.

[Special for Roasts and Steaks.]

#### Ingredients:

Butter	.....	2	tablespoonfuls.
Carrot	.....	1,	medium.
Dry Onions	.....	4 to 5,	medium.
Laurel Leaves	.....	3 to 4.	
Flour	.....	2	tablespoonfuls.
Broth	.....	1½	cupfuls.
Salt and pepper, to taste.			

#### Method:

Fry in the butter, the finely cut carrot, the onions, and the laurel leaves. Then add the flour and stir continually. After a few minutes' frying of the flour, add the broth, season to taste and boil for 15 to 20 minutes. When done, pass the whole through a metal sieve and serve.

### 13. BUTTER SAUCE.

#### Tereh Yagh Saltza.

[Used with Roasts and Minced Meat.]

#### Ingredients:

Butter	.....	2	tablespoonfuls.
Lemon	.....	1.	
Salt and pepper, to taste.			

## THE ORIENTAL COOK BOOK

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### Method:

Add the juice of the lemon to the butter, and after seasoning to taste, place it on a slow fire until the butter is over half melted. Then take it away from the fire and stir well and constantly until the whole is evenly melted.

### 14. SAUCE A LA ARMENIA.

#### Ermeni Saltza.

[For Roast Beef and Fried Meat.]

### Ingredients:

White Wine ..... 1 cupful.  
Flour ..... 1 tablespoonful.  
Butter ..... 2 tablespoonfuls.  
Broth ..... 2 cupfuls.  
Parsley ..... 1 bunch.  
Salt and pepper, to taste.

### Method:

Reduce the wine to half its measure by boiling it on a moderate fire. Season it with salt and pepper. Then in a separate pan fry the flour in the butter, and to this add the wine and the broth. Boil this mixture for fifteen to twenty minutes, after which time the parsley should be finely cut and added to the whole, and continue boiling for five to ten minutes longer.



## SAUCES

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### 15. WHITE SAUCE. Beyaz Saltza.

[For Roast Meat, Steak and Minced Meat.]

#### Ingredients:

Butter ..... 2 to 3 tablespoonfuls.  
Flour ..... 1 tablespoonful.  
Hot Water ..... 1 cupful.  
Salt and pepper, to taste.

#### Method:

Fry the flour in the butter over a moderate fire, then add the hot water and, after seasoning the whole to taste, continue boiling until the mixture becomes fairly thick.

### 16. PEPPER SAUCE. Biber Saltza.

[Used for Steak.]

#### Ingredients:

Red Pepper..... $\frac{1}{2}$  teaspoonful.  
Butter..... 1 tablespoonful (or more).  
Parsley .....  $\frac{1}{2}$  bunch.

#### Method:

Melt the butter and mix with it the red pepper and the finely cut parsley, making a smooth paste out of it.

# THE ORIENTAL COOK BOOK

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## 17. GARLIC SAUCE.

### Sarmoussak Saltza.

[Used for Steak and Roast.]

#### Ingredients:

Garlic..... 1 head, peeled and pressed.  
Butter ..... 2 tablespoonfuls.  
Vinegar ..... 1 teaspoonful.  
Salt and pepper, to taste.

#### Method:

Mix well the juice of the garlic with the butter, adding the vinegar, and after seasoning to taste, make a smooth paste of the whole by heating over a slow fire.

## 18. TOMATO SAUCE. Domates Saltza.

[Used with all kinds of Meat Dishes.]

#### Ingredients:

Broth ..... 1 cupful.  
Tomatoes..... 3 to 4, ripe.  
Butter ..... 2 tablespoonfuls.  
Flour ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Cut the tomatoes in the broth, season it to taste and boil well; after this is taken from fire,

## SAUCES

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stir it for five to ten minutes with the aid of a wooden spoon; then pass the whole through a metal sieve.

Again fry the flour in the butter and mix it with the strained tomatoes, add a little more broth and continue boiling for twenty minutes, or until it becomes fairly thick.

### 19. MUSHROOM SAUCE.

#### Mantar Saltza.

[Used for Steak and Roast.]

#### Ingredients:

Mushrooms ..... ½ pound.  
Dry Onions..... 2 to 3, medium.  
Butter ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Cut the mushrooms into quarters, and the onions very finely. Season to taste and fry in the butter, until done.

# THE ORIENTAL COOK BOOK

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## 20. EGGPLANT SAUCE.

### Patlijan Saltza.

[Used for Steak and Roast.]

#### Ingredients:

Eggplant ..... 1, medium.  
Dry Onions ..... 2 to 3, medium.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Roast the Eggplant over the fire, skin and chop into pieces, add a small portion of the olive oil, mix well, and pass it through a metal sieve; then add the juice of the onions, also the rest of the olive oil, and after seasoning the whole to taste, mix thoroughly and serve.

# EGGS

[YOUMOURTA.]

## 1. EGG TOAST A LA ARMENIA.

[TZOUVATZEGH.]

### Ingredients:

Bread..... 6 to 8 slices, dry (or toasted).  
Milk ..... 1 cupful.  
Eggs ..... 3 to 4.  
Butter.....In quantity required for frying.  
Sugar..... To taste.

### Method:

Dampen the dry bread with the milk, and after dipping into the beaten eggs, fry in smoking hot butter on both sides.

Some prefer only é<sup>g</sup>gs and omit the milk; others use the milk with the beaten eggs mixed; the result of both methods being similar.

Serve with sugar or syrup if desired.

## THE ORIENTAL COOK BOOK

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### 2. EGGS WITH \* "MATZOUN."

[YOGHOURTLOU YOUMOURTA.]

#### Ingredients:

Matzoun..... 1 cupful.  
Garlic..... 4 to 5 bulbs, pressed.  
Eggs ..... 4.  
Butter ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Mix the juice of the garlic with the *Matzoun*, and hold ready in a large flat plate. Then break the eggs into boiling hot water, and let boil for five or six minutes (regular dropped egg style). After which time take them out with the aid of a perforated spoon, and arrange in the plate over the *Matzoun*. This done, pour over the whole the butter, which should be smoking hot. Season to taste and serve at once.

\*See "EXTRAS," page 326.

## EGGS

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### 3. MEDIUM BOILED EGGS.

["KYISSI" YOUMOURTA.]

There are two methods in boiling eggs in this style.

First. Put the eggs in cold water on medium fire, and bring them to a boil; then take them out of the water, but leave to cool by themselves.

Second. Put the eggs in boiling water and cook for seven or eight minutes, after which time cool them by pouring cold water over. This latter method is the best.

### 4. SOFT BOILED EGGS.

["RAFADAN" YOUMOURTA.]

Bring the water to a boil and enter the eggs into it; after three or four minutes' boiling take them out and cool.

### 5. HARD BOILED EGGS.

["TCHETIN" YOUMOURTA.]

There are two methods in boiling eggs in this style.

First. Boil the eggs for fifteen to twenty minutes, and cool at once.

Second. Put the eggs in cold water, and

## THE ORIENTAL COOK BOOK

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bring to a boil; then after three minutes' boiling, let them get cool in the water in which they were boiled.

### 6. PLAIN OMELET.

[KYEGHANA SADEH.]

#### Ingredients:

Eggs..... 4.  
Parsley ..... ½ bunch.  
Butter ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Beat the eggs, and cut the parsley into it, in very fine pieces. Season to taste and pour it in the smoking hot butter, causing it to spread and fill the frying pan. After a few minutes of frying turn it over, with the aid of a flat metal spoon, and fry the other side also, until light brown.

### 7. RUM OMELET.

[ROMLOU KYEGHANA.]

#### Ingredients:

Eggs..... 4.  
Sugar ..... 1 tablespoonful.  
Butter ..... 1 tablespoonful.  
Rum ..... 1 tablespoonful.  
Salt and pepper, to taste.



## EGGS

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### Method:

Beat the eggs, season to taste and, after adding the sugar, pour it into the smoking hot butter, in a frying pan, and fry on both sides. When done, take it into a plate, pour over it the rum, and burn just before serving.

### 8. FRIED EGGS.

[YOU MOURTA TAVA.]

Fry as many eggs as desired, but each one separately, in the following manner, using one deep frying pan:

Break each egg carefully in smoking hot butter, and pour over, three or four times or more, the butter, with the aid of a spoon, to cause the surface to become well done, if it is so desired. Take the eggs out with the aid of a perforated spoon.

Lemon may conveniently be used over such fried eggs, at the time of serving. Season either at the time of frying or serving.

# THE ORIENTAL COOK BOOK

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## 9. EGGS WITH MILK.

[SUDELI YOUMOURTA.]

### Ingredients:

Sugar.....	1/2 cupful.
Milk .....	2 cupfuls.
Eggs .....	4.
Orange .....	1, skinned.
Salt and pepper, to taste.	

### Method:

Take a saucepan, put the milk in, and break the eggs into it. Add the sugar, and the orange cut into pieces. Season to taste and stir well; then place the saucepan in a steamer full of boiling water. Cook this on a moderate fire, until the mixture is fairly thick.

Spread over it, lightly, some burnt sugar, and serve.

## 10. EGGS WITH HARD CHEESE.

[PEYNIRLI YOUMOURTA.]

### Ingredients:

Broth.....	1 cupful.
Hard Cheese.....	1/2 cupful, grated.
Eggs .....	4 (or more).
Lemon .....	1.
Salt and pepper, to taste.	

## EGGS

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### Method:

Put the broth in a deep frying pan and add the grated cheese. Bring this to a boil, and break in the eggs. Season to taste and continue cooking until done. Serve with lemon. .

### 11. EGGS WITH HARD CHEESE.

#### Another Style.

[PEYNIRLI YOUMOURTA.]

### Ingredients:

Butter.....1 tablespoonful.  
Hard Cheese..... 2 tablespoonfuls, grated.  
Eggs ..... 3 to 4.  
Salt and pepper, to taste.

### Method:

Melt the butter in a deep frying pan and add the grated hard cheese; over this break the eggs. Season to taste and continue cooking until done. Serve with lemon, if desired.

### 12. SCRAMBLED EGGS WITH ONION.

[JILBERLI YOUMOURTA.]

### Ingredients:

Butter..... 2 tablespoonfuls.  
Dry Onion ..... 1, medium.  
Plain Water ..... ½ cupful.  
Eggs ..... 4.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Chop the onion very fine and fry in the butter until light brown. Then add the water and boil for ten minutes. This done, beat the eggs, season to taste, and add them to the above, stir and cook until done.

Serve on dry toast, if desired.

### 13. EGGS WITH TOMATOES.

[DOMATESLI YOUMOURTA.]

#### Ingredients:

Tomatoes..... 4 to 6, ripe.  
Eggs ..... 4 to 6.  
Broth ..... 1 cupful.  
Butter ..... 1 tablespoonful.  
Hard Cheese..... 2 tablespoonfuls, grated.  
Salt and pepper, to taste.

#### Method:

In a suitable flat pan arrange the tomatoes, side by side, with the tops cut. Over these pour the broth and the melted butter, cover the pan and bring the contents to a boil over a moderate fire. This done, hollow the tomatoes, with the back of a spoon, and break one egg in each tomato. Season to taste, and after sifting the grated hard cheese lightly, continue cooking until done.

Serve with lemon, if desired.

## EGGS

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### 14. STUFFED EGGS.

[YOUMOURTA "DOLMA."]

#### Ingredients:

Eggs..... 10 to 12.  
Hard Cheese..... 2 tablespoonfuls, grated.  
Parsley ..... ½ bunch.  
Salt and pepper, to taste.

#### Method:

Boil the eggs hard, fifteen minutes, and when cold, cut into halves. Separate the whites from the yolks, and preserve the former to be stuffed. Mix with the yolks, the grated hard cheese, and the very fine cut and pressed parsley. Season to taste and fill the white portions with the mixture. Serve with lemon, if desired.

# SALADS

[SALATA.]

Salad may be made with many raw herbs—*Lettuce, Endive, Chicory, Celery, Mustard* and *Cress, Onions, Radishes, Tomatoes, Green Pepper, Chervil*, etc., cut up, seasoned with salt and pepper, dressed with vinegar and olive oil. It is a dish most commonly known and done by every housekeeper, still we think it not out of place to give the recipes of the Oriental combinations and the proportions of ingredients used for this most necessary dish, so freely used at the tables in the Orient, with drinks as relish, or with ordinary meals.

## 1. "SUMMER" SALAD.

[YAZ SALATA.]

### Ingredients:

Cucumbers.....	2, medium.
Celery .....	8 to 10 sticks.
Red Radish .....	1 bunch.
Mustard .....	½ tablespoonful.
Vinegar .....	2 tablespoonfuls.
Olive Oil .....	3 tablespoonfuls.
Parsley .....	1 bunch.
Salt and pepper, to taste.	

## SALADS

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### Method:

Cut fine the cucumbers, the celery and the radish. Season with salt, and place aside for one or two hours. When ready, wash well, and season again to taste. Then pour over the dressing made of the ingredients listed above and made in the following manner:

Blend first the mustard with the vinegar, and then with the olive oil, stirring constantly. Then cut the parsley very fine, press, add to the rest, and mix well.

Note.—Salad may be made of any herb, or a few different herbs combined, according to taste, and the above dressing used over it.

### 2. GREEN BEANS SALAD.

[TAZEH FASSOULIA SALATA.]

### Ingredients:

Green Beans..... 1 pint.  
Olive Oil ..... 2 tablespoonfuls.  
Vinegar ..... 5 tablespoonfuls.  
Salt and pepper, to taste.

### Method:

Trim the green beans and cut them in two. Boil, strain and pass through cold water; this done, season to taste and pour over a mixture made of the olive oil and the vinegar.

# THE ORIENTAL COOK BOOK

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## 3. DRY BEANS SALAD.

[BYAT FASSOULIA SALATA.]

### Ingredients:

Beans.....  $\frac{1}{2}$  pint.  
Parsley ..... 1 bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 1.  
Garlic..... 2 to 3 bulbs, pressed (optional).  
Salt and pepper, to taste.

### Method:

Soak the beans in water for 10 to 12 hours. Then boil them for 10 to 15 minutes and draw off the first water. Boil them again in new water until done, strain and season to taste. This done, cut fine the parsley, and add to the beans. Also take two tablespoonfuls or more of the boiled beans, press well and pass it through a fine metal sieve. After mixing it with the olive oil and the juice of the lemon, pour it over the rest of the boiled beans. The juice of garlic may be added to the above, if desired.



## SALADS

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### 4. BEET SALAD.

[PANJAR SALATA.]

#### Ingredients:

Beets..... 3 pounds.  
Garlic..... 3 to 4 bulbs, pressed.  
Vinegar ..... ½ cupful.  
Olive Oil ..... 2 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Wash the beets well, and boil in water, twice their quantity, until nearly done. Then pare and slice in suitable thicknesses. Arrange these slices in a deep pan, seasoning with salt and pepper each layer of it. Then after mixing the vinegar and the juice of the garlic with the water in which the beets were boiled, pour into the pan over the arranged beet slices. The olive oil also should be added at this time, or at the time of serving.

### 5. CHICK PEA SALAD.

[NOHOUD SALATA.]

#### Ingredients:

Chick Peas..... 2 cupfuls.  
Dry Onions ..... 2, medium.  
Parsley ..... 1 bunch.  
Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 1.  
Salt and pepper, to taste.

# THE ORIENTAL COOK BOOK

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## Method:

Soak the chick peas in cold water for 8 to 10 hours. Then wash, boil until well done, strain, and press well into a paste. Mix with it the onions, very finely chopped; also the parsley. Season to taste and dish out on lettuce leaves. Use the olive oil and the lemon only at the time of serving.

## 6. CUCUMBER SALAD WITH \* "MATZOUN."

[JADJIGH SALATA.]

## Ingredients:

Cucumbers..... 2, medium.  
Matzoun ..... 3 cupfuls (or more).  
Garlic..... 3 to 4 bulbs, pressed.  
Salt, to taste.

## Method:

Slice the cucumbers very thin, and add the *Matzoun*, thinning with some plain water if it is thick. Then put in the juice of the garlic, season to taste, and serve with some ice.

See "EXTRAS," page 326.

## SALADS

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### 7. TOMATO SALAD.

[DOMATES SALATA.]

#### Ingredients:

Dry Onions ..... 3, medium.  
Tomatoes..... 3, ripe and medium.  
Vinegar ..... 3 to 4 tablespoonfuls.  
Olive Oil ..... 1 tablespoonful (or more).  
Salt and pepper, to taste.

#### Method:

Slice the onions fine, and after salting them heavily, crush well by the hand. Wash a few times, and strain. Then slice the tomatoes over them, season to taste, pour in the vinegar and the olive oil, prepare at least 30 or 40 minutes before meal time. Serve with a few black olives, if desired. One green pepper finely chopped and added to the above will add to its flavor.

### 8. ONION SALAD.

[SOGHAN SALATA.]

#### Ingredients:

Dry Onions..... 2, medium.  
Olive Oil ..... 1 tablespoonful.  
Vinegar ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

## THE ORIENTAL COOK BOOK

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### Method:

Slice the onions into desirable thicknesses, salt heavily, crush by the hand, wash well and then season to taste, and after adding the vinegar and the olive oil, serve with a few black olives over them, if desired.

## 9. LETTUCE AND CUCUMBER SALAD.

[MAROL—KHIYAB SALATA.]

### Ingredients:

Lettuce.....	1 head, medium.
Cucumber .....	1, medium.
Dry Onion....	1, medium (or 3 to 4 green onions in season; optional).
Olive Oil .....	2 tablespoonfuls.
Vinegar .....	3 to 4 tablespoonfuls.
Mustard .....	½ tablespoonful.
Salt and pepper, to taste.	

### Method:

Take the crisp parts of the lettuce and arrange in a suitable plate; over this slice fine the cucumber. Season to taste, and then after blending the mustard, the vinegar, and the olive oil, pour over the whole as dressing.

## SALADS

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### 10. CABBAGE SALAD.

[LAHANA SALATA.]

#### Ingredients:

Cabbage..... 2 to 3 pounds.  
Olive Oil ..... 2 tablespoonfuls.  
Lemon ..... 2.  
Salt and pepper, to taste.

#### Method:

Boil the cabbage leaves in hot water for ten to twelve minutes, strain and cool, then cut into small pieces and season to taste. Serve cold with the olive oil and the lemons, using also either black olives or anchovies over it, if desired.

### 11. CAULIFLOWER SALAD.

[CARNABIT SALATA.]

#### Ingredients:

Cauliflower.....1 head, medium.  
Olive Oil ..... 2 tablespoonfuls.  
Lemons ..... 2.  
Salt and pepper, to taste.

#### Method:

Boil the cauliflower for ten to fifteen minutes, strain and cut into small pieces, season to taste, and serve with the olive oil and the lemons. Use black olives with it, if desired.

## THE ORIENTAL COOK BOOK

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### 12. GREEN PEPPER SALAD.

[BIBER SALATA.]

#### Ingredients:

Green Peppers..... 4 to 5, large.  
Olive Oil ..... 1 tablespoonful.  
Vinegar ..... 3 tablespoonfuls.  
Salt and pepper, to taste.

#### Method:

Roast the green peppers over the fire, skin, and cut into small pieces. Season to taste, and add the vinegar and the olive oil. A few black olives are desirable to garnish with.

### 13. EGG SALAD.

[YOU MOURTA SALATA.]

#### Ingredients:

Eggs..... 4 to 5 (or more).  
Parsley ..... ½ bunch.  
Olive Oil ..... 1 tablespoonful.  
Salt and pepper, to taste.

#### Method:

Boil the eggs for fifteen minutes, cool and either slice or quarter and arrange in a suitable plate; over this sift the parsley, which should be very finely chopped, and season to taste. After adding the olive oil, serve with a few black olives on top, if desired.

## SALADS

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### 14. BRAIN SALAD.

[BAYIN SALATA.]

#### Ingredients:

Brain..... 1 to 2, of lamb.  
Olive Oil ..... 1 tablespoonful (or more).  
Lemons ..... 2.  
Salt and pepper, to taste.

#### Method:

Boil the brain in hot water, until it is milk-white, then pass it through cold water. Slice, season to taste and serve with the olive oil and the lemons.

### 15. LOBSTER SALAD.

[STACCOZ SALATA.]

#### Ingredients:

Lobster..... 1.  
Olive Oil ..... 2 tablespoonfuls.  
Lemons ..... 2.  
Salt and pepper, to taste.

#### Method:

Boil the lobster—as directed in the chapter, *Lobsters*—clear it from the shell, and cut into small pieces. Season to taste and serve on lettuce leaves, with the olive oil and the lemons.

# PICKLES

[TOURSHOU.]

Like the Salad, pickling is also an art, generally known by all housekeepers. In different countries it varies but little, the variation consisting chiefly in the materials to be preserved. The Oriental way of preserving vegetables is old-fashioned, and thus not only original, but also free from adulteration. We therefore give here a few recipes for these pickled vegetables as they are known to the culinary art of the Orient.

## 1. GREEN OLIVES IN OIL.

[YESHIL-ZEYTIM TOURSHOU.]

Take the green olives in desired quantity and leave them in vinegar for a few days, then take out and arrange in an earthenware pot into rows three inches thick, covering each row with a layer of thinly sliced lemons. After thus alternately arranging the olive and the sliced lemons, up to the brim of the pot, pour in enough olive oil to reach the surface, and after covering the pot tightly, open for use after two months.



## PICKLES

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### 2. MIXED PICKLES.

[TURELUE TOURSHOU.]

Half fill a jar or a cask with the desired quantity of each of the following, all mixed:

Apricots, peaches, pears, apples, unripe grapes (optional), walnuts (with shells), small cucumbers, green red peppers, green peppers, green tomatoes, green beans, green small lemons, small oranges, carrots, small turnips, red radish, celery, onions (peeled), cabbage and small egg-plants. Then fill up the rest of the jar with strong vinegar. Cover the top tightly. This *Tourshou* will be ready for use after three months.

### 3. PICKLED BEETS.

[PANDJAR TOURSHOU.]

Wash the beets well, and boil in plain water until nearly done, then take out of its water, cool, pare and slice in suitable thicknesses. Arrange these in a deep pan, meanwhile seasoning with salt. Then peel a few bulbs of garlic (according to the quantity desired), press and mix with the vinegar, then blend with the water left from the boiled beets, and add this to the beets in the pan.

## THE ORIENTAL COOK BOOK

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The garlic and the vinegar should be used according to one's liking.

After twenty-four hours this *Tourshou* is ready for use. Serve with olive oil.

### 4. PICKLED CABBAGE.

[LAHANA TOURSHOU.]

Cut one whole head of cabbage into two-inch-thick slices, and arrange either in earthen or glass jar. Then boil some salt, a few green red peppers, and the inside of one-half of a bread loaf in plain water, and pour it over the cabbage, after it is sufficiently cool. After two days stir the cabbage—upside down—once or twice a day, for eight or ten days, when it will be ready for use.

### 5. PICKLED GREEN PEPPERS.

[BIBER TOURSHOU.]

Wash the green peppers, pierce each one with the aid of a fork, and arrange in a jar, meanwhile seasoning the whole with salt. Cover this with vinegar up to the surface. This *Tourshou* will be ready in a few days.

## PICKLES

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### 6. PICKLED GREEN TOMATOES.

[DOMATES TOURSHOU.]

Treat green tomatoes in like manner as the *Green Peppers*, according to the directions given in the foregoing recipe, Style No. 5.

### 7. PICKLED STUFFED GREEN PEPPERS.

[DOLMA BIBER TOURSHOU.]

Take four or five skinned dry onions, as many green peppers, also as many green tomatoes, and chop all these together very fine. Season with salt and powdered cinnamon. Then take as many green peppers as the stuffing will call for. Cut round their tops about one-half way, take out the seedy parts, and then fill each one with the above chopped mixture. Cover the tops, and after tying each with white string pierce them all lightly with the aid of a fork, and arrange in a glass jar. This done, pour vinegar up to the surface and cover the jar tightly.

After eight or ten days this *Tourshou* will be ready for use.

**8. PICKLED STUFFED GREEN  
TOMATOES.**

[DOLMA DOMATES TOURSHOU.]

Treat green tomatoes in like manner, as the *Pickled Stuffed Green Peppers*, according to the directions given in the preceding recipe, Style No. 7.

**9. PICKLED DRY ONIONS.**

[SOGHAN TOURSHOU.]

Skin the dry onions, in the quantity desired (small varieties preferred), and arrange in a jar, meanwhile seasoning the whole with salt. Then cover it with strong vinegar. Instead of vinegar, boiled, but cooled salty water may conveniently be used.

After eight or ten days this *Tourshou* is ready for use.

**10. PICKLED GARLIC.**

[SARMOUSSAK TOURSHOU.]

Treat garlic in like manner as the *Pickled Dry Onions*, as described in the foregoing Style No. 9, except that the skins of the garlic should not be peeled, and it may be used in whole pieces, without taking the bulbs apart.

## PICKLES

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### 11. PICKLED CELERY.

[KEREVIZ TOURSHOU.]

Wash a few stalks of celery, cut the stalks into two or three-inch-long pieces, season to taste and put in a jar, adding a few bulbs of peeled and pressed garlic. Cover the whole with vinegar and keep the top tight. In a few days it is ready for use.

### 12. PICKLED EGGPLANTS.

[PATLIDJAN TOURSHOU.]

Use small eggplants, fifteen to twenty of them. Boil them for eight or ten minutes. Cut in two, but do not separate the halves. Press under weight, to cause the bitter water to be squeezed out. Then take one or two heads of garlic, bulbs peeled, a few green red peppers, one stalk of celery, and chop these fine together, adding some salt and vinegar. With this mixture then fill the openings of the eggplants, and with celery leaves wrap them so that the stuffing may be secure. Arrange these stuffed eggplants in a jar, tightly, and cover with strong vinegar, keeping the top well covered.

In a few days this *Tourshou* will be ready.

# THE ORIENTAL COOK BOOK

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## 13. PICKLED CARROTS.

[HAYOUDJ TOURSHOU.]

Take as many carrots as needed, and boil them for ten or fifteen minutes, then cut either into long fine pieces, or slice them round into suitable thicknesses. Put in a jar mixed with leaves of celery, season with salt, cover with vinegar up to the surface and keep the top tight.

In a few days this will be ready for use.

## 14. PICKLED CAULIFLOWER.

[CARNABIT TOURSHOU.]

Treat cauliflower the same as you would *Pickled Cabbage*, described in the Style No. 4, under this chapter.

Note.—Almost any vegetable may be pickled after the plan of the kinds described in the preceding recipes.

Fruits, however, differ a little from the vegetables, and they are pickled in *Cogniac* or *Brandy* instead of vinegar. Therefore, we give below a recipe for it which will serve for pickling *strawberries*, *sour cherries* (with stems), *apricots*, *rose leaves*, *grapes*, etc.

## PICKLES

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### 15. PICKLED FRUIT.

[YEMISH TOURSHOU.]

Take any of the above fruits, in desired quantity, clean, and wash in boiled white wine. Then add *Cogniac* or *Brandy* twice its measure. The latter may be blended with some sugar. Cover the jar, in which the pickling is done, with perforated thick paper (plain paper may be perforated with a common pin) and leave the jar in the sun for fifteen days at least.

# PASTRY

[HAMOUR.]

CAKES, FRITTERS, PIES AND PUDDINGS.

*Paklava, Beoregh, Pasta, Helva.*

The Oriental peoples are great pastry eaters, hence, without *Paklava, Beoregh, Pasta* or *Helva*, at a table, an Oriental dinner is never complete.

The consumption of such sweetmeats in large quantities is responsible for the statement that for every candy shop elsewhere, there is a pastry store in the Orient. Also more of it is made in every Oriental home than in the homes of other lands.

We cannot praise enough the delicacy and the wonderful fine taste of Oriental pastry; neither can we draw a comparison between it and others. It will not be our fault if some housekeepers find them not to their liking, because of incorrect attempts at making them. Still, we believe that if care is taken in the process, the Oriental *Hamour* will be successful in any kitchen.



## PASTRY

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### 1. PLAIN CAKE.. "Paklava."

[SADEH PAKLAVA.]

#### Ingredients:

Flour .....	2 cupfuls.
Sugar .....	$\frac{3}{4}$ cupful.
Butter .....	2 tablespoonfuls.
Eggs .....	2.

#### Method:

Make a stiff paste of the flour, the sugar, the butter, the beaten eggs with some lukewarm water, and leave aside for 10 to 15 minutes. Then cut this paste into egg-sized pieces, roll out each one into a very fine sheet, and fold separately into triangle shape, or place the sheets one on top of the other in a flat pan, and cut with a sharp knife into square or diamond shapes. When this is ready—done up in either way suggested above—pour some hot butter over the whole, and place the pan in a hot oven. When the *Paklava* begins to get browned, pour over it some more hot butter and watch closely, until the whole is well done. After this, take the pan out of the oven, and remove two or three of the cakes temporarily, and tilt the pan on one side in order to cause the remaining butter to gather on the lower side, when

## THE ORIENTAL COOK BOOK

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it should be taken out with the aid of a spoon. This done, replace the removed portions to their former places, and put the pan back into the hot oven for 10 or 15 minutes longer, to make the cakes thoroughly dry and crisp.

Serve this *Paklava* cold, with sugar syrup, made of sugar and water, boiled and thickened.

### 2. "PAKLAVA" WITH WALNUTS.

This is prepared in exactly the same way as the *Paklava* in the foregoing style. Only one cupful of finely chopped walnuts and one-half cupful of sugar is mixed and put alternately with the paste sheets. In the case of the triangle style, the mixture of the walnuts and the sugar is wrapped in. Bake in like manner as the plain cake, directed in Recipe No. 1.

### 3. "PAKLAVA" WITH RICE FLOUR.

[PIRINTCH—OUN PAKLAVA.]

#### Ingredients:

Plain Water.....	1 cupful.
Sugar .....	1 cupful.
Rice Flour .....	1½ cupfuls.
Butter .....	½ cupful (or more),

## PASTRY

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### Method:

Boil the water with the sugar, until it gets quite thick. To this then add the rice flour, and the butter. Mix these all well, and continue boiling on a moderate fire, stirring constantly with the aid of a wooden spoon until it gets browned, when it should be poured into a flat pan, and placed in a hot oven, until well baked and dry.

Before serving this *Paklava*, cut it into squares or diamonds, and if desired sift some powdered sugar over it.

### 4. "PAKLAVA" WITH CREAM.

[PAKLAVA CREMALL.]

#### Ingredients:

Flour..... 2 cupfuls.  
Sugar .....  $\frac{3}{4}$  cupful.  
Butter ..... 2 tablespoonfuls.  
Eggs ..... 2 to 3.

#### The Cream Mixture:

Cream .....  $\frac{1}{2}$  cupful.  
Sugar ..... 1 cupful.  
Butter ..... 2 tablespoonfuls.

#### Method:

After the stiff paste sheets are prepared in the manner described in Style No. 1, divide them into two equal sections, lay them in suitable pans

## THE ORIENTAL COOK BOOK

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on top of one another, and bake each section separately in an oven until nearly done. Then upon one of these sections spread evenly the mixture composed of the cream, the sugar and the butter, covering it with the other section of the baked sheets of paste. This done, place the whole in a moderately hot oven for two or three minutes. Serve with sugar syrup, if desired.

### 5. ALMOND FRITTERS.

[BADEM BEOREGH.]

#### Ingredients:

Almonds..... 1 cupful.  
Eggs ..... 3, the whites of.  
Sugar ..... 1 cupful.  
Butter ..... 2 tablespoonfuls.

#### The Stiff Paste:

Flour ..... 2 cupfuls.  
Sugar .....  $\frac{3}{4}$  cupful.  
Butter ..... 2 tablespoonfuls.  
Eggs ..... 2 to 3.

#### Method:

Prepare the stiff paste as directed in Style No. 1, with the flour, the sugar, the butter and the eggs; then get ready the following mixture:

## PASTRY

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Crush the almonds, and soak for five or ten minutes in the whites of the eggs; then add the sugar, also the beaten yolks of the eggs, blending gradually. This ready, lay one paste sheet in a suitable pan, and spread over it lightly some of the above mixture; thus continue to place in the pan, alternately, the paste sheets and the mixture. When all through, cut the whole into any desired portions with the aid of a sharp knife, and after pouring on the melted butter, bake it first on slow fire, then in a hot oven, until it gets well dried.

When serving, use either powdered sugar or sugar syrup, if desired.

### 6. APPLE CAKE.

[ELMA TOURTASSI.]

#### Ingredients:

Flour .....	1 cupful.
Eggs .....	2 to 3.
Sugar .....	½ cupful.
Butter .....	2 tablespoonfuls.
Apples .....	3 (or more).

#### Method:

Make stiff paste of the flour, the sugar, the eggs and the larger portion of the butter. Roll

## THE ORIENTAL COOK BOOK

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it out into a fine sheet, then fold this into four or eight folds with melted butter in each fold, and lay it in a suitable pan. Upon this arrange the skinned apples cut into four or eight portions. Sift over some sugar, and place in hot oven until well baked.

Note.—*Sour Cherries, Pears, Quinces, Peaches* and other such fruit may be used instead of apple, for making the above cake.

### 7. "FRENCH" CAKE.

[FRENCH TCHEOREGH.]

#### Ingredients:

Flour.....	2 cupfuls.
Cream .....	3 tablespoonfuls.
Sugar .....	3 tablespoonfuls.
Eggs .....	2 to 3.
Salt .....	1/2 teaspoonful.
Butter .....	1/2 cupful.

#### Method:

Make a stiff paste of the ingredients listed above with the aid of a little lukewarm water, and let stand to one side for thirty minutes. Then flatten it to the thickness of one-fourth of an inch and cut into square or round pieces. After rubbing over each piece slightly with some beaten egg, bake in a hot oven.

## PASTRY

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### 8. PLAIN "CRISP CAKE."

[GHEVREGH.]

#### Ingredients:

Eggs.....	6, the yolks of.
Sugar .....	1 cupful.
Flour .....	½ cupful.
Lemon .....	1, the juice of.

#### Method:

Mix well the yolks of the eggs and the sugar, then add the flour, and finally the beaten whites of the eggs. The juice of the lemon or some vanilla instead may also be added. Then in a suitable pan lay a sheet of oiled paper, over which the above mixture should be laid in lengthwise, forced through a funnel, and cut into desirable lengths. This done, place the pan in a hot oven until the *Ghevregh* is well baked.

### 9. \* SHREDDED "FLAT CAKE."

[YASSI KADAYIF.]

#### Ingredients:

Shredded Flour Paste.....	3 cakes.
Milk .....	½ cupful.
Cream .....	½ cupful.
Eggs .....	2.
Butter .....	2 tablespoonfuls.

\* See Special List of Oriental Ingredients.

## THE ORIENTAL COOK BOOK

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### Method:

Beat well the milk, the cream and the eggs together, then after opening the shredded paste cakes into halves, cover each piece with the above mixture and fry on both sides in smoking hot butter. Serve hot and with plain sugar or sugar syrup.

### 10. \*SHREDDED "CAKE" WITH WALNUT.

[TELL KADAYIF DJEVIZLI.]

### Ingredients:

Shredded Flour Paste.....	6 cakes.
Sugar .....	1/2 cupful.
Almonds .....	1/4 cupful.
Walnuts .....	1/2 cupful.
Butter .....	1 tablespoonful.

### Method:

Open the shredded paste cakes into halves, and arrange one-half of the pieces in a suitable pan, placing the cut sides upward. Over these put, evenly, the mixture made of the sugar and the crushed almonds and walnuts. This done, cover them with the remaining halves of the

\* See Special List of Oriental Ingredients.



## PASTRY

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shredded cakes and after pouring over the whole the melted butter, place it in a moderately hot oven for twenty or twenty-five minutes, after which time one cupful of sugar syrup should be poured over it.

Serve either hot or cold, and with or without thick cream.

### 11. \* SHREDDED "CAKE," PLAIN.

[TELL KADAYIF SADEH.]

#### Ingredients:

Shredded Flour Paste.....	6 cakes.
Butter .....	1 tablespoonful.
Sugar Syrup.....	1 cupful.
Vanilla .....	1 teaspoonful.

#### Method:

Arrange the shredded paste cakes in a suitable pan, and pour over them the melted butter, then leave in hot oven for twenty minutes. After which time the sugar syrup mixed with the vanilla should be poured over.

Serve either hot or cold, and with cream, if desired.

\* See Special List of Oriental Ingredients.

# THE ORIENTAL COOK BOOK

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## 12. \* SHREDDED "CAKE." Another Style.

[TELL KADAYIF.]

### Ingredients:

Shredded Flour Paste..... 4 to 5 cakes.  
Eggs ..... 3.  
Butter ..... 1 tablespoonful.

### Method:

Crush slightly the shredded paste cake and soak in the beaten eggs, then fry it on both sides in smoking hot butter.

Serve it with sugar syrup and cream, if desired.

## 13. \* SHREDDED "CAKE" WITH CREAM.

[TELL KADAYIF CREMALI.]

### Ingredients:

Shredded Flour Paste..... 4 to 5 cakes.  
Eggs ..... 3.  
Butter ..... 2 tablespoonfuls.  
Cream ..... 1/2 cupful.  
Sugar ..... 1/2 cupful.

\* See Special List of Oriental Ingredients.

## PASTRY

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### Method:

Open the shredded paste cakes into halves, rub them with butter, arrange in a pan, and place in hot oven until very crisp. Then take out and place on half of them evenly—on their cut sides—the mixture made of the beaten eggs and the cream and the remainder of the butter, which should be slightly melted. This done, cover them with the remaining halves and serve with or without sugar syrup, hot preferred.

### 14. “FRIED” CAKE.

[GHEOZLEMEH.]

### Ingredients:

Flour ..... 2 cupfuls.  
Butter ..... 2 tablespoonfuls.  
Eggs ..... 3.  
Hard Cheese..... 3 tablespoonfuls, grated.

### Method:

Make a stiff paste of the flour and the butter, roll out into a thin sheet, and over half of it lay, evenly, the mixture made of the beaten eggs and the grated hard cheese. This done, lap over the other half of the paste sheet. Stick the brims together, notching at regular intervals. Then, after

## THE ORIENTAL COOK BOOK

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piercing the top in several places with the aid of a fork, fry it in more butter, or bake it in a moderately hot oven.

Serve it hot, with very thick cream.

### 15. PUMPKIN FRITTERS.

[KABAK BEOREGH.]

#### Ingredients:

Flour..... 3 cupfuls.  
Butter ..... 2 tablespoonfuls.  
Sugar .....  $\frac{1}{2}$  cupful.

#### Pumpkin Stuffing:

Pumpkin ..... 3 cupfuls (grated).  
Sugar .....  $\frac{1}{2}$  cupful.  
Walnut .....  $\frac{1}{2}$  cupful, crushed.

#### Method:

Make a stiff paste of the flour, the butter and the one-half cupful sugar. Roll out into a very thin sheet and cut into two-inch-wide strips. Then mix the stuffing, made of the grated red pumpkin, the crushed walnuts and the one-half cupful sugar. This mixture may be used as it is, or fried a little in some butter. When ready, lay the mixture over the middle of the paste strips, lengthwise, and bring the edges together and stick, to keep the

## PASTRY

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stuffing safely enclosed. When all done, lay the stuffed sticks in a flat pan, and after pouring some melted butter over the whole, bake it first on a moderate fire, then in a hot oven, until it is well done and crisp.

When serving, use more sugar if necessary. Serve hot.

### 16. ORIENTAL SWEET "CRACKER." [COURABIEH.]

#### Ingredients:

Butter.....	1 cupful.
Sugar .....	1½ cupfuls.
Flour .....	2½ cupfuls.

#### Method:

Make a stiff batter of the above ingredients and roll out until half an inch thick. Place in a suitable pan, which must be greased, and after cutting it into any desired shapes, bake in a moderately hot oven until well done.

**17. FLOUR PUDDING.**

[OUN HELVA.]

**Ingredients:**

Butter.....	3	tablespoonfuls.
Flour .....	1	cupful.
Sugar .....	1	cupful.
Lukewarm Water .....	1	cupful.

**Method:**

In a deep suitable vessel heat the butter. Blend the flour with it gradually, and continue frying until the flour becomes light brown, and also gives out a strong odor like burning fat. This done, gather the fried flour into one side of the vessel, and then add the lukewarm water and the sugar. (It is better if the sugar is first melted in the water before applying.) Stir constantly, and when the water comes nearly to a boil, begin drawing in the flour, which will soon absorb all of it, and will get very thick. Cook until it is well done. Serve hot.

## PASTRY

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### 18. \* "IMRIK" PUDDING.

[IMRIK HELVA.]

#### Ingredients:

Butter.....	3 tablespoonfuls.
Imrik .....	1 cupful.
Sugar .....	1 cupful.
Lukewarm Water .....	1 cupful.

#### Method:

This pudding is prepared in like manner as the *Flour Pudding*, described in the foregoing recipe, with the exception that when the sugar and the lukewarm water are added, and absorbed by the "Cream of Wheat," the vessel is at once covered with a piece of white muslin, and the lid placed on. This prevents the steam dropping into the *Helva*, in the form of water. And when, after a few minutes, the cooking begins, it should then be stirred with a spoon until well done.

\* "Imrik" may be substituted with *Cream of Wheat*.

# THE ORIENTAL COOK BOOK

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## 19. STARCH PUDDING.

[NISHASTA HELVA.]

### Ingredients:

Starch.....	1 cupful.
Sugar .....	1 cupful.
Lukewarm Water .....	4 cupfuls.
Butter .....	3 tablespoonfuls.
Almonds .....	1/2 cupful (optional).

### Method:

Soak the starch in the water, stir well, then add the sugar, and make sure that it is melted. This done, bring the butter to a smoking point in a suitable vessel, then pour the above mixture in and constantly stir, until the *Helva* is well done. The almonds may be previously added with the mixture.

## 20. RICE PUDDING, OR CREAMED RICE.

[SUDELEDGE.]

### Ingredients:

Rice.....	1/2 cupful.
Milk .....	4 cupfuls.
Sugar .....	3/4 cupful.
Eggs .....	2.
Cinnamon .....	2 pinches, powdered.



## PASTRY

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### Method:

Wash the rice well, and boil in the milk. When half done add the sugar, also blend in the beaten eggs, by pouring them in gradually and stirring constantly during the process of the pouring, and also the cooking. When the rice is quite tender, dish it out and sift the cinnamon over it. Some may like it without the latter.

### 21. RICE PUDDING A LA ARMENIA.

[ERMEI SUDELEDGE.]

### Ingredients:

Milk.....	4 cupfuls.
Water .....	1/2 cupful.
Rice .....	1 cupful.

### Method:

Wash the rice, and boil it in milk and water mixed, until it is tender and gets quite thick. When done, pour it into plates. Serve when well cooled, cutting into diamond shape sections. At the time of serving use grape or maple syrup over it.

## THE ORIENTAL COOK BOOK

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### 22. "CHIP" FRITTERS.

[YOUHKA BEOREGH.]

#### Ingredients:

Flour..... 2 cupfuls.  
Hard Cheese..... 1 cupful, grated.  
Eggs ..... 2.  
Parsley ..... 1 bunch.  
Butter.....In quantity required for frying.

#### Method:

Make a stiff paste of the flour and some lukewarm water, then roll it out into a very thin sheet. Cut this into playing-card-sized pieces, and have ready to stuff with the following mixture:

Mix well the grated hard cheese with the eggs, and then add the parsley, which should be very finely chopped. Take small finger-sized pieces of this mixture and roll in the paste pieces. When through with all, fry them in smoking hot butter. Serve hot.

## PASTRY

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### 23. ARMENIAN DATE PUDDING.

[ERMENI KHOURMA HELVA.]

#### Ingredients:

Toast..... 3 slices, well browned.  
Dates ..... ½ pound.  
Egg ..... 1.  
Butter ..... 1 tablespoonful.

#### Method:

Free the dates of the stones and chop with the toast. To this add the beaten egg, flatten the mixture until half an inch thick. on both sides in the heated butter.

Serve this pudding hot.

# FRUITS AND CREAMS

[COMPOSTO—CREMA.]

## 1. BAKED APPLE IN BUTTER.

[TEREH YAGHLI ELMA.]

### Ingredients:

Apples..... 8 to 10, medium.  
Sugar ..... 1 cupful.  
Butter ..... 1 tablespoonful.

### Method:

Skin the apples slightly, and take out the seedy parts with the aid of a curved knife. Then arrange in a flat pan, fill the centers of the apples with the sugar, and after pouring over the melted butter, bake in a moderately hot oven.

## 2. PEARS WITH RICE.

[PIRINTCHLI ARMOUD.]

### Ingredients:

Pears..... 6 to 8.  
Plain Water ..... 1 cupful.  
Sugar ..... 1 cupful.  
Rice ..... ½ cupful.  
Vanilla ..... 1 teaspoonful.

## FRUITS AND CREAMS

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### Method:

Wash the rice, and boil it in plenty of water until tender; then strain well, and after drying it in a moderately hot oven, take out and add the vanilla, stirring well when doing so. This done, lay it in a suitable plate, over which the boiled pears are to be placed.

Then take the pears, skin them, and after cutting each into halves, boil in the one cupful water; after a few boils also adding the sugar. When done, take them out and arrange over the rice. Then continue boiling the water in which the pears were boiled, until it gets a little thicker, when it should be poured over the pears and the rice. Serve cold.

### 3. ORIENTAL "SHORT CAKE" WITH SOUR CHERRIES.

[VISHNEH TIRITL.]

### Ingredients:

Dry Bread..... 4 to 6 slices, toasted.  
Sour Cherries ..... 1 pint.  
Sugar ..... ½ cupful.  
Butter.....In quantity required for frying.

## THE ORIENTAL COOK BOOK

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### Method:

Fry the toasted bread slices on both sides in the butter, then, after cooking the cherries and the sugar in sufficient water to make it quite thick, place on the fried bread slices alternately. This done, pour over the whole the remainder of the preserves, if any, and after placing it in a hot oven for five or ten minutes, serve immediately.

Note.—Any kind of fruit preserve can conveniently be used for same purpose, replacing the *Sour Cherries*.

### 4. CREAM OF "CHICKEN BREAST." The Pride of the Orient.

[TAVOUK GHEOYSUE.]

### Ingredients:

Chicken..... 1, the white meat.  
Milk ..... 2 quarts.  
Rice Flour ..... 1 pound.  
Sugar ..... 1½ pounds.

### Method:

Boil the chicken very well, and separate the white meat, cut into very fine pieces and soak in sufficient milk. Then blend the rice flour with the milk, and after passing it through a coarse linen, boil it with the soaked chicken (which must be well pressed) and the sugar, stirring constantly in one

## FRUITS AND CREAMS

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direction, until it gets sufficiently thick, and is done.

Dish out in small suitable plates.

Prepare small quantities in proportion.

### 5. "CREAM OF RICE."

One of the Most Favorite.

[MAHALLEBI.]

#### Ingredients:

Rice.....	1/2 cupful.
Plain Water .....	2 cupfuls.
Rice Flour .....	1/2 cupful.
Milk .....	1 1/2 quarts.
Sugar .....	1/2 pound.

#### Method:

Wash the rice, and boil in the water until it nearly melts, pass this through coarse linen, and in this thick substance soak the rice flour. Pass this also through a fine metal sieve, and then in a deep suitable vessel boil it with the milk and the sugar, on a moderate fire, meanwhile stirring it slowly but constantly, in one direction, with the aid of a spoon. When this gets sufficiently thick and is done, dish it in small flat plates.

Serve cold.

## THE ORIENTAL COOK BOOK

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### 6. "CREAM."

[CREMA.]

#### Ingredients:

Milk..... 4 cupfuls.  
Sugar ..... ½ cupful.  
Eggs ..... 4 to 5, the yolks of.

#### Method:

Boil the milk by itself for a few minutes. Then blend the sugar and the yolks of the eggs well together and pour into the milk. Divide this mixture at once into cups, and arrange these in a flat pan containing boiling hot water. Then after covering the top of the cups with a sheet of tin or iron, place the pan in a hot oven, and leave until cooked.

Serve this *Crema* cold.

### 7. "CREAM." Another Style.

[CREMA.]

This *Crema* is prepared in exactly the same way as the preceding Style No. 6, only that instead of using the sugar in its plain condition, it should first be roasted in a frying pan, by itself, and then blended with the yolks of the eggs and poured into the milk.



## FRUITS AND CREAMS

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### 8. LEMON CREAM.

[CREMA LIMONLOU.]

Prepare the *Crema* as directed in Style No. 6, but use a little more milk to balance with the juice of one (or more) lemon.

Lemon may be replaced by vanilla or other flavors, as desired.

### 9. SWEET "MEDLEY."

The Great Oriental Sweetmeat.

[ASHOUREH.]

#### Ingredients:

Wheat.....	1 pound.
Sugar .....	1½ pounds.
Raisins .....	½ cupful, seedless.
Pistachio Nuts .....	½ cupful, peeled.
Rose Water .....	½ to 1 teaspoonful.
Hazel Nuts .....	¼ cupful, chopped.
Walnuts .....	¼ cupful, chopped.
Almonds .....	¼ cupful, chopped.
Cinnamon .....	1 to 2 pinches, powdered.

#### Method:

Soak the wheat in plain water for ten or twelve hours, then after washing well boil in newer water, twice of its measure, until it cracks. In a separate vessel boil the sugar in an equal quan-

## THE ORIENTAL COOK BOOK

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ty of water, until two-thirds of it remains. To this add the raisins and the pistachio nuts. Then pour these all into the boiling wheat and continue boiling a while longer. When this is done, take away from the fire and add in the rose water.

Then chop well the hazel nuts, the walnuts and the almonds; roast a little in a pan on a moderate fire, and spread over the boiled wheat mixture, meanwhile sifting on the powdered cinnamon.

### 10. DRY SWEET "MEDLEY."

#### The Great Oriental Sweetmeat.

[KOLIVA.]

#### Ingredients:

Wheat.....	1 pound.
Flour .....	1/2 cupful.
Sugar .....	1 cupful.
Raisins .....	1/2 cupful, seedless.
Almonds .....	1/2 cupful, chopped.
Walnuts .....	1/2 cupful, chopped.
Fancy Candy .....	1 cupful, mixed.

#### Method:

Soak the wheat in water for ten or twelve hours, wash well, and boil in newer water, but take

## FRUITS AND CREAMS

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away from the fire before it cracks. Strain and then spread over some white muslin over night.

Then roast the flour in a pan by itself until light brown, and when sufficiently cold add the sugar, also the almonds and the walnuts, which should be well chopped. Add this mixture to the boiled wheat, and mix in also the spiced fancy "grape shot" candy.

Serve cold.

# PRESERVES

[TATLI.]

## 1. ORANGE MARMALADE.

[PORTUGAL KABOUK RENDEH.]

### Ingredients:

Oranges.....	3 to 4, the skins.
Lemon .....	1.
Sugar .....	3 pounds.
Water .....	3 cupfuls.

### Method:

Shave finely the skins of the oranges, and after leaving them in cold water for two hours, spread on linen and sprinkle over the juice of the lemon. Then boil the sugar in the water over a moderate fire, adding also the orange shaving. This mixture should gradually be brought to the thickness of honey, and put in jars.

## PRESERVES

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### 2. ORANGE MARMALADE.

#### Another Style.

[PORTUGAL KABOUK TATLI.]

#### Ingredients:

Oranges.....	3 to 4, the skins.
Lemon .....	1.
Sugar .....	3 pounds.
Water .....	4 cupfuls.

#### Method:

Select thick skinned oranges, cut each into ten or twelve parts, skin carefully; then, with the aid of a sharp knife, free these of the outer red surface. When these are ready, roll up each piece of skin and string over some white thread, then after leaving in cold water for two hours or more, spread on linen, meanwhile sprinkling over them the juice of the lemon. This done, boil the sugar in the water, then add the string of rolled skins, also one teaspoonful of lemon juice and boil until it becomes the thickness of honey.

The thread of the rolled orange skins should be pulled off after the preserve is sufficiently cool.

# THE ORIENTAL COOK BOOK

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## 3. STRAWBERRY SYRUP.

[TCHILENGH SHOUBOUB.]

### Ingredients:

Plain Water.....	8 cupfuls.
Sugar .....	3 pounds.
Strawberries .....	1½ pounds.

### Method:

Boil the sugar in the water for thirty or forty minutes, then take away from fire and, after adding the crushed strawberries, leave it aside for twenty-four hours, when it should again be boiled until it thickens a little. Then strain the whole through coarse linen, put the syrup in jars, but use the thick remainder on the table as jam.

Note.—Berries of all kinds, also apricots and peaches, may be treated in like manner as the strawberries.

## 4. ROSE SYRUP.

[GHULE SHOUBOUB.]

### Ingredients:

Rose Leaves.....	½ pound.
Water .....	1 pint.
Sugar .....	2½ pounds.
Lemon Juice .....	1 tablespoonful.

## PRESERVES

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### Method:

Boil the rose leaves in the water, and when the extract is all drawn out, drain it well and add the sugar, also the juice of the lemon. Continue to boil until the syrup gets cream thick.

Do not put this syrup in jars until sufficiently cool, nor cover the jars until it is perfectly cold.

### 5. ROSE PRESERVES.

[GHULE TATLI.]

#### Ingredients:

Rose Leaves.....	1 pound.
Plain Water .....	1 quart.
Sugar .....	7 pounds.
Lemon Juice .....	1 tablespoonful.

#### Method:

Soak the rose leaves in the water, and cover them with a damp cloth for twenty minutes or longer. When the leaves have given out their color sufficiently, strain, and keep one-third of the water separate from the other two-thirds of it.

Then in a suitable vessel place the sugar and the strained rose leaves, alternately, adding over the one-half part of the last portion of the rose water, and press well, but carefully, with your

## THE ORIENTAL COOK BOOK

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hand without much injury to the leaves. The mixture then should be left in this condition for twenty-four hours, when the other half portion of the two-thirds of the rose water should be added and the whole boiled, until half cooked, when little by little the first one-third portion of the rose water must be placed in the boiling mixture. The preserve is considered done when it gets cream thick; at this point the juice of the lemon should be mixed in, and when sufficiently cool, the preserve may be put in proper jars.

### 6. SOUR-CHERRY SYRUP.

[VISHNEH SHOUROUB.]

#### Ingredients:

Sugar..... 3 pounds.  
Sour Cherries ..... 1 pound.  
Plain Water ..... 1 pint.  
Lemon Juice ..... 1 tablespoonful.

#### Method:

Boil the sugar in the water over a moderate fire until it gets cream thick, then add the cherries (without the stems), and after the first boil, take away from the fire. Again, twenty-four hours later, boil the whole for five or ten minutes longer,



## PRESERVES

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meanwhile adding the lemon juice, and when this is done, strain well through a metal sieve and put in proper jars.

### 7. SOUR-CHERRY PRESERVES.

[VISHNEH RETCHEL.]

#### Ingredients:

Sugar .....	2½ pounds.
Plain Water .....	1 pint.
Sour Cherries.....	1½ pounds, freed. from the stones.
Lemon Juice .....	1 teaspoonful.

#### Method:

Boil the sugar in the water over a moderate fire until it gets cream thick, then add the sour cherries (without the stones), also the lemon juice; after a little boiling take away from the fire and cool before placing into jars.

Note.—*Retchel* can be prepared from all kinds of berries and fruits, especially from figs, pineapple and even pumpkin, in like manner as described above.

# THE ORIENTAL COOK BOOK

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## 8. ORANGE PRESERVES.

[PORTUCAL TCHEVIRMEH.]

### Ingredients:

Oranges.....	3.
Sugar .....	1½ pounds.
Plain Water .....	1 pint.

### Method:

Shave fine the skins of the oranges and soak for two hours in the juice pressed out of the same skinned oranges. This done, strain well, and hold the juice ready in a deep vessel. Then boil the sugar in the water over a moderate fire until it gets cream thick. This sugar syrup should be poured in the strained orange juice in the vessel (not the juice into the boiling sugar syrup, as in this case the orange flavor may totally get destroyed), and stir well. Cool this preserve before putting in proper jars.

Note.—*Tchevirmeh* may be prepared from all kinds of fruit with good flavor and wholesome juice, in like manner as described above.

# DESSERTS

[SOGHOUGLOUK.]

## 1. MANDARIN "FROST."

[BOUZLOU MANDARIN.]

### Ingredients:

Mandarins..... 10 to 12, skinned.  
Sugar ..... 2 cupfuls.  
Plain Water ..... 2 cupfuls.  
Vanilla ..... 1 teaspoonful.  
Mandarin Skins .....The juice of.

### Method:

Skin the mandarins and string each one separately (or stick them on thin small sticks). Then boil the sugar in the water, with the vanilla, also the juice of the pressed mandarin skins, on a moderate fire, until quite thick. In this syrup dip the strung mandarins and hang to dry. The mandarins can be used either whole or in parts.

Note.—Oranges, apples, peaches or figs may be conveniently used instead of mandarins.

# THE ORIENTAL COOK BOOK

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## 2. CHESTNUT "FROST."

[BOUZLOU KESTANEH.]

### Ingredients:

Chestnuts..... 2 pounds, shucked.  
Sugar ..... 2 cupfuls.  
Plain Water ..... 2 cupfuls.  
Vanilla ..... 1 teaspoonful.

### Method:

Boil the sugar in the water with the vanilla over a moderate fire until quite thick. In this dip the chestnuts, which must first be shucked, roasted and strung.

Note.—Cherries and Sour Cherries can be prepared in same way as the Chestnuts, but without stringing, as the stems will conveniently replace the strings, but strawberries may be strung three or four together.

## 3. STRAWBERRY JELLY.

[TCHILENGH ELMASSIEH.]

### Ingredients:

Strawberries..... 2 quarts.  
Sugar ..... 1 pint.  
Gelatine ..... 1 ounce.  
Plain Water ..... 1 cupful.

## DESSERTS

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### Method:

Press the strawberries and pass through a fine metal sieve. Mix with this the sugar, and boil on a moderate fire for fifteen or twenty minutes. Meanwhile, soak the gelatine in a little lukewarm water, and when well melted boil it in one cupful of plain water, then pour it into the boiling sugar and the strawberry juice. Continue boiling the whole until it gets cream thick, when it should be placed into proper glass jars or cups.

Note.—Blackberries and Raspberries can be prepared in like manner as the Strawberries, when desiring to make jellies of them.

### 4. COMPOTE OF APPLE.

[ELMA COMPOSTO.]

### Ingredients:

Apples.....	6 to 8, medium.
Sugar .....	1 cupful.
Plain Water ...:	3 cupfuls.
Lemon Juice .....	1 tablespoonful.

### Method:

Skin the apples and clean their seedy parts, cut into three to four pieces each. Then boil the sugar in the water over a moderate fire until it becomes quite thick. To this add the lemon juice

## THE ORIENTAL COOK BOOK

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and then the apples. Before the latter are well done, strain them with the aid of a perforated spoon, and arrange in a deep plate. Meanwhile continue boiling the remaining syrup until it gets much thicker, when it should be poured over the cooked pieces of apple in the plate.

Note.—Pears, Oranges (cut into halves) and Quinces—all skinned and cleaned of their seedy parts; also Prunes, Cherries and Apricots are prepared in the same way as the Apples when desiring to make compotes of them.

### 5. PINEAPPLE "ICED JELLY."

[ANANAS ELMASSEH.]

#### Ingredients:

Pineapple.....	1, medium, the juice.
Sugar .....	2 cupfuls.
Plain Water .....	2 cupfuls.
Gelatine .....	2 ounces.
Almonds .....	1/2 cupful.
Cherries .....	1/2 cupful.

#### Method:

Have the pineapple juice ready, then in a deep suitable vessel boil the water and the sugar until it becomes a thick syrup, and when it is still hot pour into it the gelatine, which must be soaked in a little lukewarm water for fifteen or twenty min-

## DESSERTS

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utes and strained. This being done, stir the syrup until the gelatine gets well blended with it, and when it is quite cool, add the pineapple juice; if the latter is added when the syrup is hot, the flavor may get destroyed.

Before pouring this *Elmassieh* into a proper bowl, decorate the bottom and the sides of the latter with small pineapple pieces, also with the almonds and the cherries, sticking them with the aid of gelatine, and after the syrup is poured in, pack it well in ice. After two hours this dessert will be ready for serving.

Note.—Berries of all kinds can be prepared in same way as the Pineapple Jelly described above.

### 6. STRAWBERRY "ICE CREAM."

[TOHILENGH DONDOURMA.]

#### Ingredients:

Milk.....	3 pints.
Vanilla .....	2 teaspoonfuls. .
Eggs .....	5, the yolks.
Sugar .....	1 cupful.
Strawberries .....	4 cupfuls.
Sugar Syrup .....	4 cupfuls.
Gelatine .....	1 ounce.

## THE ORIENTAL COOK BOOK

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### Method:

Boil the milk with the vanilla over slow fire. Then blend the yolks of the eggs with the one cupful of sugar, pouring into these also the boiled milk and the vanilla. After passing this mixture through a fine sieve, freeze it in an ice cream cooler.

Again, crush the strawberries and mix well with the sugar syrup (made of five parts of sugar and one part of water, boiled until reduced to the measure stated in the above list of Ingredients), adding the gelatine also, which must be first melted in a little lukewarm water; freeze this mixture also in an ice cream cooler.

When these two preparations are thus separately made ready, put them into a suitable receptacle in such way as to be alternately arranged and be rightly cut into shapes suitable for serving.

In order to take the "ice cream" out of its mould easily, dip the bottom of the receptacle in hot water for a minute or so, then turn it upside down in a proper plate.

Note.—Berries of all kinds, and other flavors, either together or separately may be treated in like manner, as the one described above, when desiring to prepare "Ice Cream" of them.



## DESSERTS

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### 7. TURKISH JELLY.

A Very Favorite Dessert.

[PELTEH.]

#### Ingredients:

Sugar..... 1 cupful.  
Rice Flour ..... 1 cupful.  
Plain Water..... 4 cupfuls (or more).  
Almonds .....  $\frac{1}{2}$  cupful, roasted.  
Cinnamon ..... 1 teaspoonful.

#### Method:

Mix the rice flour in the water, add the sugar, and boil on a slow fire until well done. Stir it constantly during the process of boiling to avoid coagulation.

After pouring it into a suitable deep plate, cover the surface with the almonds and sift the cinnamon over it, in the form of decoration.

Serve cold.

# EXTRAS

[FAZLA.]

## 1. CURDLED MILK—MATZOUN. The Famous Beverage of the Orient.

[YOGHOURT.]

### Ingredients:

Milk..... 2 quarts.  
“Matzoun,” for fermenting purposes.....  
1 tablespoonful.

### Method:

Heat the milk over a slow fire until it starts to boil, when it should be placed to a side to get cool enough as to have one's little finger endure the heat. This condition of the milk is the right time for adding the old “Matzoun” for fermentation, after first blending it with one cupful of the warm milk. The fermenting may either be done in the vessel in which the milk was heated, or transferred into other vessels, bowls or cups, when the milk is still hot. When this is done, cover the vessel or the cups with a warm blanket. Other convenient means may appropriately be used to

## EXTRAS

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keep the milk warm during the process of fermentation.

Two and one-half or three hours later in summer and winter, respectively, the fermentation may be considered done, and the receptacles containing the *Matzoun* be placed in an ice chest and cooled.

*Matzoun* is served plain, but some people prefer to sweeten it with sugar to taste.

### 2. TURKISH PASTE.

[Locoum.]

#### Ingredients:

Sugar.....	5 pounds.
Plain Water.....	1 quart.
Cream of Tartar.....	½ ounce, powdered.
Vanilla .....	1 teaspoonful.
Wheat Starch.....	10 ounces (finest quality).
Almonds .....	½ cupful.
Pistachio Nuts.....	½ cupful, shelled.

#### Method:

In a deep and concave-bottomed vessel, boil the sugar and the water over a slow fire, taking the froth away with the aid of a wooden spoon, until it gets honey thick. This ready, pour into it gradually the starch, which should first be soaked

## THE ORIENTAL COOK BOOK

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and blended in some water and made milk thin, adding also the powdered Cream of Tartar. Stir this mixture constantly, and only one way, until it becomes quite thick, or until a drop of it will sustain itself on a plate, when it should be poured into a flat pan, covered with some powdered starch mixed with powdered sugar.

Vanilla or rose water flavor to taste; also almonds or pistachio nuts may be added to the paste about twenty minutes before it is to be taken down from the fire. When cool, cut into small pieces and cover with powdered sugar.

### 3. ROAST CHESTNUTS.

[KESTANEH KEBAB.]

#### Ingredients:

Chestnuts..... 1 pound (or more).

#### Method:

Shuck the chestnuts and put in a suitable flat pan, sprinkle with some water, and place the pan either in a moderately hot oven, or cover it and put over a slow fire. It is necessary to repeat the sprinkling several times—once in every ten minutes—until the inner thin covers of the chestnuts come off, and they get well browned.

## EXTRAS

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### 4. ROAST HAZELNUTS.

[FUNDUCK KEBAB.]

#### Ingredients:

Hazelnuts.....  $\frac{1}{2}$  pound (or more).

#### Method:

Break the shells of the hazelnuts, and after placing in a suitable flat pan, sprinkle with some water, and put the pan over a slow fire. Repeat the sprinkling two or three times at five to ten minute intervals, when the covers will come off, and the nuts will get a rosy brown color.

### 5. TURKISH COFFEE.

[CAFFEH.]

#### Ingredients:

Plain Water.....For 4 small cups.

Sugar ..... 3 teaspoonfuls.

Roasted Coffee..... 3 teaspoonfuls, pulverized.

#### Method:

In a special small pot, heat the water on a slow fire, and melt the sugar in it. Then take the pot away from the fire, and add the coffee, mixing it well in the water by stirring for one minute, when the pot should be placed again over the fire,

## THE ORIENTAL COOK BOOK

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after bringing the coffee to a boil for a few s, pour into the small cups.

When served, it is proper to sip it, after the erized coffee is settled at the bottom of the which does not take but a minute.

### 6. **TURKISH COFFEE WITH MILK.**

[SUDELOU CAFFEH.]

gredients:

Milk.....For 4 small cups.  
Sugar..... 3 tablespoonfuls.  
Roasted Coffee..... 3 tablespoonfuls, pulverized.

ethod:

Prepare this coffee in same way as is debed in the foregoing recipe of No. 5.

### 7. **TEA.**

[TCHYE.]

gredients:

Plain Water.....For 4 tea cups or glasses.  
Tea ..... 1 teaspoonful.  
Lemon ..... (Optional).  
Sugar .....To taste.

## EXTRAS

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### Method:

To prepare a very delicious tea the following method and rules should be carefully observed:

Always keep your teapot clean and dry. Use fresh water and have it furiously boiling. Steep the tea from five to seven minutes, no longer.

When thus the tea is ready, strain it into the cups or glasses, using sugar to taste, also lemon as to liking.

If tea is drunk with milk or cream, the use of lemon must be omitted.





## Order of Service

1. Relishes (*Mezeh*).
  2. Soup (*Tchorba*).
  3. Fish (*Baluck*).
  4. Grilled Meat on Skewers or Stuffed Meat Dishes  
(*Shish Kebab* or *Etlı Dolma*).
  5. Roasts, Meat or Fowl, with Salad  
(*Kezartma*, *Et* or *Tavouk*, with  
*Salata*).
  
  6. Olive Oil Dishes (*Zeytin-Yaghli*).
  7. Rice "Pilaf" (*Pirindge Pilaf*).
  8. Deserts (*Tatli*).
  9. Turkish Coffee (*Caffeh*).
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Note.—The following twenty different noted Menus (and other more elaborate ones), are well made use of in the Orient during great occasions—Birthday, Wedding and other feasts—but it is unnecessary to suggest here that in the case of finding them excessive, each Menu may be reduced either by leaving out one or more items, or can be modified by using other desirable, convenient and seasonable dishes.

In preparing an exclusively Oriental Feast or Dinner, it is recommended that the contents of this Cook Book should well be consulted in order to secure successful results.

# Menus

## I.

1. Anchovies, Green or Black Olives, Hard Balkan Cheese, Caviar, Brain Salad.
2. Rice Soup with Dressing.
3. Stuffed Mackerel with Mayonnaise Sauce.
4. Grilled Lamb on Skewers, Kebab,—“As Sovereign Liked It” style.
5. Minced Fry, “Hanim Boudi” style, with Lettuce Salad.
6. “Pilaf” with Tomatoes.
7. “Paklava” with Walnut.
8. Turkish Coffee.

## II.

1. Anchovies, Black Olives, Pickled Celery, Hard Balkan Cheese.
2. Plain Broth with Dressing.
3. Fried Fish with Lettuce Salad.
4. Stuffed Tomatoes.
5. Broiled Chicken with Plain Sauce and Tomato Salad.
6. “Pilaf” (optional).
7. Paklava with Cream.
8. Fruit in season.
9. Turkish Coffee.

## MENUS

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### III.

1. Anchovies, Pickled Celery, Brain Salad, Black Olives.
2. Macaroni Paste Soup with Dressing.
3. Broiled Fish—"My Husband's Favorite" Style, with Lettuce Salad.
4. Stuffed Cucumbers with Dressing.
5. Armenian Roast a la Duzian with "Summer" Salad.
6. Artichoke with Olive Oil.
7. "Pilaf" (optional).
8. Shredded Paste Cake with Walnut.
9. Fruit in season.
10. Turkish Coffee.

### IV.

1. Anchovies, Green Olives, Hard Balkan Cheese.
2. Plain Broth with Eggs.
3. Grilled Fish on Skewers with Cucumber Salad.
4. Stuffed Tomatoes.
5. Roast Chicken or Turkey with Cream Sauce and Egg Salad.
6. Spaghetti with Sauce.
7. Shredded Paste Cake with Cream.
8. Fruit in season.
9. Turkish Coffee.

## THE ORIENTAL COOK BOOK

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### V.

1. Anchovies, Black Olives, Cabbage Salad, Caviar.
2. Rice Soup with Dressing.
3. Fried Fish with Vinegar Sauce and Lettuce Salad.
4. Okra with Meat.
5. Roast Quail with Eggplant and Egg Salad.
6. "Slipper Dolma" a la Greek.
7. Spaghetti with Sauce.
8. "Paklava" with Walnut.
9. Vanilla Ice Cream.
10. Turkish Coffee.

### VI.

1. Anchovies, Hard Balkan Cheese, Black Olives, Caviar.
2. Plain Broth with Dressing.
3. Baked Fish a la Armenian.
4. Stuffed Tomatoes.
5. Broiled Chicken or Turkey with plain Sauce and Cucumber Salad.
6. Spaghetti with Minced Meat.
7. Shredded Paste Cake with Walnut.
8. Fruit or Ice Cream.
9. Turkish Coffee.

## MENUS

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### VII.

1. Anchovies, Black Olives, Caviar, Pickled Fruit.
2. Rice Soup with Dressing.
3. Broiled Fish with Mayonnaise and Lettuce Salad.
4. Grilled Lamb on Skewers—"As Sovereign Liked It" style.
5. Roast Beef a la Armenian with "Summer" Salad.
6. Artichoke with Olive Oil.
7. Saffron "Pilaf" (optional).
8. "Paklava" with Cream.
9. Fruit in season, or Ice Cream.
10. Turkish Coffee.

### VIII.

1. Anchovies, Brain Salad, Green Olives, Pickled Cabbage.
2. Macaroni Paste Soup with Dressing.
3. Stuffed Mackerel with Lettuce Salad.
4. Green Beans with Meat.
5. Minced Fry, "Hanim Boudi" style, with Tomato Sauce and Lettuce Salad.
6. "Pilaf" a la Persian.
7. Shredded Paste Cake with Cream.
8. Cream of Rice.
9. Turkish Coffee.

# THE ORIENTAL COOK BOOK

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## IX.

1. Anchovies, Black Olives, Hard Balkan Cheese.
2. Plain Broth with Eggs.
3. "Royal" Baked Fish.
4. Broiled Mutton Chops with Tomato Sauce and Lettuce Salad.
5. Roast Quail with Eggplant.
6. Asparagus with Olive Oil.
7. Spaghetti with Sauce.
8. Sweet "Medley."
9. Fruit or Ice Cream.
10. Turkish Coffee.

## X.

1. Anchovies, Green Olives, Caviar, Hard Balkan Cheese.
2. Rice Soup with Dressing.
3. Broiled Fish with Lettuce Salad.
4. "True" Broiled Lamb on Skewers, with Tomato Salad.
5. Artichoke with Meat.
6. Spaghetti with Minced Meat.
7. Shredded Paste Cake with Cream.
8. Fruit or Ice Cream.
9. Turkish Coffee.

## MENUS

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### XI.

1. Anchovies, Hard Balkan Cheese, Black Olives.
2. Plain Broth with Dressing.
3. Fried Fish with Lettuce Salad.
4. Green Beans with Meat.
5. Roast Quail with Eggplant and Brain Salad.
6. Saffron "Pilaf."
7. Cream of "Chicken Breast."
8. Fruit or Ice Cream.
9. Turkish Coffee.

### XII.

1. Anchovies, Pickled Cabbage, Black Olives.
2. Macaroni Paste Soup with Dressing.
3. Boiled Fish a la Armenian.
4. Stuffed Cucumbers with Dressing.
5. Broiled Chicken with Eggplant Sauce and "Summer"  
Salad.
6. Green Beans with Olive Oil.
7. "Paklava" with Walnut.
8. "Cream."
9. Turkish Coffee.

# THE ORIENTAL COOK BOOK

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## XIII.

1. Anchovies, Hard Balkan Cheese, Pickled Celery.
2. Plain Broth with Eggs.
3. Baked Fish with Green Pepper Salad.
4. Eggplant with Minced Meat.
5. Roast Turkey or Chicken with plain Sauce and Tomato Salad.
6. Asparagus with Olive Oil.
7. "Pilaf" a la Persian (optional).
8. Shredded Paste Cake with Walnut.
9. Fruit or Ice Cream.
10. Turkish Coffee.

## XIV.

1. Anchovies, Brain Salad, Black Olives.
2. Rice Soup with Dressing.
3. Broiled Fish with Lettuce Salad.
4. Meat Balls with Dressing.
5. Broiled Lamb Chops with Mushroom Sauce and Tomato Salad.
6. Artichoke with Olive Oil.
7. Pears with Rice.
8. Ice Cream or "Matzoun."
9. Turkish Coffee.



## MENUS

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### XV.

1. Anchovies, Egg Salad, Black Olives.
2. Macaroni Paste Soup with Dressing.
3. Fried Fish with Lettuce Salad.
4. Stuffed Tomatoes.
5. Broiled Chicken with plain Sauce and "Summer" Salad.
6. Green Beans with Olive Oil.
7. "Pilaf" with Tomatoes.
8. "Paklava" with Cream.
9. Fruit or Ice Cream.
10. Turkish Coffee.

### XVI.

1. Anchovies, Cauliflower Salad, Black Olives.
2. Rice Soup with Dressing.
3. Baked Fish a la Armenian.
4. Artichoke with Meat.
5. Roast Turkey, or Chicken with plain Sauce and Tomato Salad.
6. Stuffed Cucumbers with Olive Oil.
7. "Pilaf" a la Persian (optional).
8. Cream of Rice.
9. Turkish Coffee.

# THE ORIENTAL COOK BOOK

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## XVII.

1. Anchovies, Black Olives, Brain Salad.
2. Plain Broth with Eggs.
3. Stuffed Mackerel with Lettuce Salad.
4. Eggplant with Minced Meat.
5. Roast Beef a la Armenian with Tomato Salad.
6. Green Beans with Olive Oil.
7. "Pilaf" a la Bulgarian.
8. "Imrik" Pudding.
9. Fruit or Ice Cream.
10. Turkish Coffee.

## XVIII.

1. Anchovies, Black Olives, Egg Salad.
2. Plain Broth with Dressing.
3. Broiled Fish with Lettuce Salad.
4. Meat Balls with Dressing.
5. Lamb Chops with Butter Sauce and Tomato Salad.
6. Eggplant with Olive Oil—"Imam Fainted for the Joy of It."
7. Spaghetti with Sauce.
8. Pears with Rice.
9. Turkish Coffee.

## MENUS

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### XIX.

1. Anchovies, Green Olives, Brain Salad.
2. Rice Soup with Dressing.
3. Eggs with Tomatoes.
4. Stuffed Cucumber with Dressing.
5. Roast Chicken with Cream Sauce and Mixed Salad.
6. Artichoke with Olive Oil.
7. "Pilaf," Plain.
8. Shredded Paste Cake with Walnut.
9. Fruit or Ice Cream.
10. Turkish Coffee.

### XX.

- 1: Anchovies, Cauliflower Salad, Hard Balkan Cheese, Black Olives.
2. Macaroni Paste Soup with Dressing.
3. Fried Eggs with Lemon.
4. Okra with Meat.
5. Boiled Chicken a la "Hadji Cadin."
6. "Slipper Dolma" a la Greek.
7. Spaghetti with Minced Meat.
8. Flour Pudding.
9. Fruit or Ice Cream.
10. Turkish Coffee.

## List of Special Oriental Ingredients

The following Oriental Ingredients may be had, on short notice, by writing to the author, A. H. Keoleian, care of the Publishers, New York City. All orders should accompany with an additional sum of 10 per cent. of the value of the order, for packing purposes, etc. They are also found in Armenian, Greek and Italian grocery stores.

### BLACK OLIVES. (YAGHLI ZEYTIN.)

These are ripe olives and the oil is not extracted from them. A product of Greece, Italy and Turkey. Retailed at 15 to 20 cents per pound.

### CHICK PEAS. (NOHOUD.)

Heart-shaped round seed of a leguminous plant. Sold in dry condition. Need soaking for 8 to 10 hours previous of cooking. A product of Greece, Italy and Turkey. Retailed at 8 to 10 cents per pound.

## SPECIAL ORIENTAL INGREDIENTS

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### CRACKED WHEAT. (BOULGHOUR.)

Made of boiled wheat, dried and cracked under millstones. Used for making "pilafs" and also used for stuffing, in the Orient, instead of rice. Retailed at 5 to 6 cents per pound.

### "BARLEY." (KESHKEGLICK.)

Wheat, not cracked, but pounded in large mortar with pestle. Prepared especially for the great Armenian dish called *Harissa*. Retailed at 8 to 10 cents per pound.

### "PINE-CONE SEED." (FUSTUCK.)

Seeds that grow in the cones of one variety of pine trees. Used with many different dishes for flavor and decorative purposes. Imported from Italy, Greece and the Orient. Retailed at 30 to 35 cents per pound.

### CORLANDER. (KISHNISH.)

An annual plant resembling to seedless black raisins, the seeds of which are used as a medicine; it has a peculiar flavor. Imported from the Orient,

## THE ORIENTAL COOK BOOK

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but can be replaced with seedless raisins of black, or the bleached variety found in America, called "currants." Retailled at 12 to 15 cents per pound.

### PISTACHIO NUTS. (SHAM FUSTUCK.)

Nuts that grow especially in Arabia and have a green-almond flavor. They are exceedingly pleasant to taste and are easily digested. Sold salted or otherwise. Retailled at 40 to 45 cents per pound.

### OKRA. (BAMIA.)

A plant largely cultivated in Asia Minor. Its pods are of pointed shape at one end. The flavor is not agreeable to most people at first, but it is one of the best vegetables known for food. It is used fresh, also sold strung-on-threads in dried condition. It is put up in cans, too. A delicious food, especially good for invalids. The price of dried okra is 40 cents per pound. Large cans are retailled at 35 to 40 cents each. Imported mostly from Italy, Greece and Turkey.

## SPECIAL ORIENTAL INGREDIENTS

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### SESAME. (TAHIN.)

The oily substance of the white poppy seeds. It is extracted between mill-stones. It is in thick liquid form and is imported only from the Orient. Retailled at 15 to 20 cents per pound.

### “TARHANA.” (TARHANA.)

Made of pounded and cracked wheat coated with a mixture of sour milk and heavy flour paste. Done into very fine pearl-form grains and dried first in the sun, then in a hot oven. Imported from the Orient. Retailled at 20 to 25 cents per pound.

### GRAPE-VINE LEAVES. (ASMA YAPRAK.)

Young leaves picked from grape-vines, pickled in salt water and used for stuffing purposes. For this lettuce leaves may conveniently be used as a substitute, the latter without pickling. Retailled at 12 to 15 cents per pound.

### FAVA (OR HORSE) BEANS. (PAKLA.)

Flat-shaped seeds of a leguminous plant. Used fresh in its season with pod, but for drying purposes the pods are removed and only the seeds

## THE ORIENTAL COOK BOOK

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taken. When used in this latter condition, soaking from 8 to 10 hours is necessary; also a little trimming at the head. Imported from Italy, Greece and Turkey. Retailed at 6 to 8 cents per pound.

### ARTICHOKE. (ENGHINAR.)

Artichoke is now raised in America and sold at from 3 to 8 cents a piece, according to size, but the finest artichokes is obtainable in large cans. It is imported from Italy, Greece and Turkey, and retailed at 35 cents per can.

### CUMMIN. (KIMION.)

Cummin, which is generally used in a number of Oriental dishes, is prepared in the following manner:

It is first cleaned from its dust or other foreign matter that may have been mixed with it, washed well, dried well, and then roasted over a very slow fire in an ordinary frying pan, stirring it continuously with a spoon during the process of roasting. (Roasting may also be done in a moderately hot oven.) When well brown, it may be considered done, and when cooled down it should



## SPECIAL ORIENTAL INGREDIENTS

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be finely ground down to powder. In this latter condition, cummin should be kept in a tight box.

Cummin is retailed, in its raw condition, at 35 to 40 cents per pound.

### SHREDDED FLOUR PASTE. (KADAYIF.)

It is made of thin flour paste, which is put in a specially made receptacle in the bottom of which is arranged ten or twelve small holes on one row. The paste is caused to run through these holes over a hot iron board placed on a slow fire. The baking of this shredded flour paste is done in two or three minutes at the most, when it is gathered and put to a side for use for pastry purposes.

“Shredded Wheat” may be taken as a good substitute for *Kadayif*.

### BALKAN CHEESE. (KHASHER PENIR.)

It is a strong and hard cheese, often used with macaroni or spaghetti and fried eggs in grated form. It comes in round form 2 to 3 inches thick and 12 to 15 inches in diameter. A product of the Balkan peninsula. Retailed at 45 to 50 cents per pound.

Note.—Parmesan cheese, grated, may conveniently be used for spaghetti or other purposes, instead of the Balkan cheese.













