KOSHER SYRIAN COOKING



by

Grace Sasson

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Revised and Enlarged

1988

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2025

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Grace Sasson

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Mrs. Grace Sasson

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FOREWORD

Dear Readers:

This is not only a cook book with recipes, it's a menu book also.

Menus to cook from Sunday to Friday and for special holidays and parties as well as a guide as to what to make with the main dish are included. Many young married women plan the main dish and are at a loss as to what to make with it. Here are menus for every night of the week, and how to prepare them.

You will also find all the delicious salads that are important with the Syrian dishes, and also the many delicious side relish dishes that complete a Syrian meal. There are also recipes for Syrian desserts and pastries.

A few words about our eating customs, so you who are not Syrians can enjoy eating this food. Unlike the American custom of serving food in saucers, we set all the food in platters on the table and help ourselves from every course, as you would do from a buffet table. Most of these dishes taste better mixed and eaten as you would Chow-Mein or along side each other. This is especially true for the rice dishes and any of our sauces which must be mixed when eaten.

Here's hoping you will get as much pleasure cooking these meals and serving them to your families and guests as I have these many years.

Grace Sasson

INTRODUCTION

The reason I have only included menus for suppers and no lunch menus is because of the fact that any of these menus can also be used for lunches. Because lunches are usually light and sometimes eaten out, our main meal is at night. Our pastries are delicious for breakfast and we usually always serve them with our morning coffee, afternoons and after dinner, and with our demitasse.

Before you try any of these dishes, I would suggest that you go over the list of ingredients that follow and have them at home. In this way, you can prepare any dish you choose at short notice. Most of these ingredients are sold at Greek and Italian grocery stores. For a list of stores in the New York area that carry these groceries, please see the following:

Sahadi Importing Co.
187 Atlantic Avenue
Brooklyn, New York

Malko Bros., Casalthy
197 Atlantic Avenue
Brooklyn, New York

Rutta's Oriental Grocery
509 Kings Highway
Brooklyn, New York Phone: 375-7390

Josies Syrian Grocery
511 Avenue U
Brooklyn, New York Phone: 339-9680

Mansoura's Pastry
515 Kings Highway
Brooklyn, New York Phone: 645-7977

For ready made pastries and all kinds of nuts and Syrian ice cream and ices you can go to:

Alwan Bros.
183 Atlantic Avenue
Brooklyn, New York Phone: MA 4-1054

Now that you have an idea of how to arrange courses, you can make up your own menu by going over these menus and mixing them as the occasion calls for. You may add a course for company and vary your menu according to the weather, as some of these dishes are more appetizing in winter and some are cool dishes for summer.

The rest of the book is devoted to recipes and how to prepare them.

Under the heading of Syrian Pastries you will find many pastries that are different and which are really delicacies.

You will also find different omelets and Syrian pickles which are wonderful to have on hand in case of unexpected guests dropping in.

All the measurements in glasses are 8 ounce measuring glasses.

If for any reason you do not understand how to prepare any of the dishes in this book, or where to get some of the ingredients, send me a self-addressed envelope and I will be glad to answer your questions. You may write to me at the following address:

Mrs. A. Sasson
1973 E. 2 Street
Brooklyn, New York 11223

GLOSSARY

GLOSSARY OF SPECIAL SYRIAN TERMS

BAZERGHANE: Relish dish prepared with fine ground wheat

BABA GHANUGE: Relish dish prepared with eggplant and tahina

SALATA: Syrian salad

MEWARAH: Cheese filled Phillo pastry sheets

KEBE RAW: Prepared with ground wheat and ground meat

KEBE HAMDA: Tiny stuffed meat balls with ground rice and meat

LONG KEBE: Ground wheat stuffed with cooked ground meat

TEMERHENDY: Sour sauce to use in salads and cooking

TAHINA: Relish side dish and dip

SEMBUSAK: Cheese filled turnover

MAZA: An assortment of hot and cold hors d'oeuvres

SMEAD: Semolina

SNOWBAR: Pine nuts

INGREDIENTS & SPICES

The following is a list of ingredients and spices that you should always have on hand:

Ground allspice
Ground cinnamon
Few sticks cinnamon
Ground camune (cumin seed) to spice salads
Ground hot red pepper
Ground Kizebra (Thyme)
Ground nutmeg and cloves and whole cloves
Box of paprika
Garlic salt
Onion salt
A head or two of fresh garlic kept in a cool place
Shimra (Fennel Seeds)
Dry mint leaves
Oregano
Bottle lemon juice
Bottle of temerhendy (a sauce we use in salads and sweet and sour dishes)
Couple of cans of tomato paste and tomato sauce
1 lb. very fine ground wheat (berghole)
1 lb. coarse berghole
1 lb. ground rice, very fine
1 box Acini de Pepe No. 44 (kasskasune)
1 can yellow chick peas
1 box whole lentils
1 lb. split red lentils
1 lb. or 1 box Yankee beans (small or long) white

1 lb. shelled walnuts
1 lb. shelled pistachio nuts
½ lb. snowbar (pignon nuts)
1 lb. sesame seeds
½ lb. yansoon
⅛ lb. mahlab
2 lb. bag flour
1 jar tahina (ground sesame seeds)
1 can fava beans
Few cans stewed tomatoes

MENUS

Monday night .....Megedra (rice and lentils)
Spinach souffle: Syrian style
Home made laban (yogurt)
Coffee and cake

Tuesday night .....Stuffed squash
String beans
Broiled hearts or sweetbreads

Wednesday night.....Diced meat in oven or barbecue in oven
Tossed salad
Fava beans in oil
Potat salad

Thursday night .....Meat omelet: Syrian style
Fried eggplant: Syrian style
Salata: Syrian style
French fried potatoes

Friday night .....Rice
Kefftes: Syrian style meat balls
Sweet peas with Kebe (stuffed meat balls)
Chicken with potatoes

Saturday lunch .....Stuffed pocket of veal or lamb with any of these vegetables: peas, fava beans, artichokes, mushrooms, potatoes, spinach and celery
Tossed salad

Sunday lunch.....As most people are home and rise late we usually prepare a late luncheon and dinner combination consisting of mostly broiled dishes with side dishes to vary as you wish. Here are some selected dishes:
Raw Kebe: meatless or with meat (ground wheat)
Bazerghane relish
Baba Ghanuge
Barbecued meat, outdoors if summer, in the oven if winter
Salata: tossed salad

MENUS

Monday night .....Cheese omelet: Syrian style
Macaroni and tomato sauce
Tossed salad

Tuesday night .....Baked shanks of lamb
Mashed potatoes
Tossed salad

Wednesday night.....Chicken with rice
Salata: Syrian style

Thursday night .....Acini de Pepe No. 44 (kasskasune) with butter
Mewarah: laban
American coffee

Friday night.....Rice
Sour kebe
Stuffed peppers: Syrian style
String beans with Yadime (veal meat)

Saturday lunch.....Meat loaf, tossed salad
Boiled potatoes with parsley
Cherry sauce as topping for meat loaf

Sunday lunch.....Chick peas with lamb knuckles
Stuffed derma*: Syrian style
Salata

* Please note that the derma can be cooked with dried apricots, fried egg plant or quinces if in season.

MENUS

Monday night .....Rice with butter, laban or yogurt
Parsley omelet
American coffee
Sambousak

Tuesday night .....Individual meat loaf
Peas and carrots
Boiled potatoes
Tossed salad

Wednesday night.....Red stuffed cabbage: Syrian style
String beans: Syrian style

Thursday night .....Stuffed squash: dairy style
Laban or yogurt
Noodles with butter

Friday night.....Rice, veal yadime in tomato sauce
Chicken with potatoes
Spinach and celery with oregano and eggs

Saturday lunch.....Brisket of beef, tossed salad. This can be made in either American or Syrian style.

Sunday lunch.....Stuffed tomato: Syrian style
Lamb tongues with truffles* or mushrooms
Long kebe

* Truffles can be bought at Manganaro Foods, 488 Ninth Ave., N.Y.C. and also at Charles and Company, 344 Madison Ave., N.Y.C., The French Market in Washington, D.C., and William Penn Gift Shop, Philadelphia.

These can be bought either fresh or canned.

MENUS

Monday .....Eggs and tomatoes on toast
Fish croquettes
Coffee and cake

Tuesday .....Rice and Yankee beans with meat:
Syrian style
Artichokes in oil

Wednesday .....Kababe on Syrian bread
Sweet bread in mushrooms
Raw kebe

Thursday .....Berghole with cheese
Laban or yogurt
Rhubarb with eggs (Syrian style)

Friday .....Rice
Cubed meat in sour mint sauce
Truffle with small kebe (mushrooms may be used in place of truffle)
Stuffed vine leaves

Saturday .....Chicken with noodles
Salata
Kebe in the tray
Bazerghane

FIRST SEDER NIGHT MENU

Rice, sour kebe
Cooked spinach and celery
Stuffed pocket with fava beans
Roast chicken with potatoes
Sweetbread and mushrooms

The following are the vegetables to arrange in the tray:

Roasted Leg of Lamb, celery, romaine lettuce, and escarole, chicory
Hard boiled eggs
Dates cooked as jam (Harosett)
Matzo

ROSHASCHANA—FIRST NIGHT MENU

Rice, veal yadime in tomato sauce (sweet)
Black eye beans with lamb head
Chicken with fried eggplant
Mushrooms with Kebe, roast chicken

The following are what you read Berracha on:

Boiled Swissaharts (salee)
Apple sauce—Pommerand
Sugar, cooked lamb's head (see page 8)
Fried squash slices

OUTDOOR PICNIC LUNCHEON AND BARBECUE

BARBECUED LAMBS (DICED)
KEBE-NEYE AND BAAZERGAN
BARBECUED SERCHICHA OR SAUSAGES
FOULE EMDEMASS
BABA GHANUGE
SYRIAN BREAD, WATERMELONS, AND TURKISH COFFEE
ALL KINDS OF OLIVES AND SALADS AND DIPS
LONG KEBE
LAHM EL AGINE

BUFFET TABLE FOR LUNCHEON OR DINNER

SPANISH RICE
SWEETBREAD AND MUSHROOMS SERVED IN BREAD CUPS
STUFFED CABBAGE: SYRIAN STYLE
STUFFED VINE LEAVES
LAHM EL AGINE
LONG KEBE
POTATO KNISHES
SERLHICHA (SYRIAN SAUSAGES)
ROAST TURKEY, AND AS MANY SALADS AS YOU LIKE, AND TIERED JELLO AS DESSERTS AND TURKISH COFFEE OR ROAST IN PLACE OF TURKEY

BUFFET TABLE FOR TEA OR COFFEE

SEMBOUSAKE
KRABEGG
MAAMOULE
STUFFED PANCAKE WITH NUTS OR RICOTTA
JELLO TIERS, WITH MILK
ALMASSIYE
MEWARAH
TEA SANDWICHES
SLEEYEA—CANDIED WHEAT
BAAKLAWA
STUFFED LADIES' FINGERS
STUFFED KNAFIE (either with nuts or ricotta)
A FEW BOUGHT PIES



HOW TO COOK A LAMB'S HEAD

(Have butcher kosher and cut the head into four pieces.)

Cook in deep saucepan in 4 cups of water. Let it boil fiercely for 15 minutes, throw water out, rinse head well in cold water, wash saucepan, place head back. Spice it with salt and allspice and white pepper to taste, 2 tablespoons oil, few sprigs of parsley, chopped, and one cup water. Cover and cook on low fire until meat is tender, take bones out and serve as an entree. It is also good cooked with white kidney beans, and string beans, and it is very good used in soup with diced celery, potatoes, turnips, squash and carrots.

SETH LAAGE

(A breakfast dish made of milk and cooking starch)

4 cups milk
½ cup cooking starch
½ cup sugar or less, depends how sweet you like it
½ teaspoon rose water, if you don't have rose water or don't care for it, use vanilla, a few drops.

Make a paste of the starch in part of the milk, say one cup. Boil the remaining 3 cups, adding sugar, when it starts boiling. Lower fire and add starch mixture, stirring slowly all the time, until it thickens. Let it cook for 10 minutes without stirring. Pour into bowls adding vanilla or rose water, sprinkle with cinnamon and serve hot. Delicious when eaten with sesame seeded Syrian bread.

SOUPS

NOODLE AND LENTIL SOUP

½ box whole lentils
¼ lb. noodles about ¼ in. wide
1 clove of crushed garlic
½ teas. ground thyme
2 tbs. oil
4 cups water

Wash lentils and soak in cold water for a few hours. Have water boiling, add salt. Drain lentils and add to boiling water. Add noodles. Bring to boil. Meanwhile brown crushed garlic and thyme in oil and add to soup. Let simmer until noodles and lentils are tender. Serve hot.

NOODLE AND SESAME SAUCE SOUP

4 cups water
¼ lb. wide noodles
4 tbs. tahina (sesame sauce)

Boil noodles in water according to directions, adding salt to taste. When noodles are done, make a paste of the tahina with 2 tbs. cold water. Pour slowly into boiling noodles, stirring all the while. Bring to a boil. Lower fire and let simmer for 10 minutes. Serve hot.

SPLIT RED LENTIL SOUP

(*sour*)

1 cup red split lentils
4 cups water
1 tbs. flour
1 clove of crushed garlic
2 tbs. oil
1 teas. ground thyme

Pick and wash lentils in several cold water rinses. Place in deep saucepan, adding water, salt to taste. Let cook until well done. Meanwhile, make a paste of the flour with 2 tbs. cold water. Add to the lentils, stirring as you pour. Fry the garlic in oil and add to lentils. Serve piping hot with a dash of camune. Serve with sliced lemon.

RICE SOUP (SHURBA)

¾ cup uncooked rice
1 lb. flanken or any similar meat
6 cups water
½ can chick peas shelled
1 can tomato sauce
1 cup diced celery

Place meat in deep saucepan. Add washed rice, celery, salt to taste, tomato sauce. Cook on a medium fire, skimming the meat residue from the top of the soup. Let simmer until meat is tender.

TEMERHENDY

Temerhendy is a sour sauce which is used in our salads and some sweet and sour dishes. You can buy it at the stores listed in this book. It is also a very refreshing cool summer drink diluted with crushed ice and water and sugar to taste.

HOW TO MAKE TEMERHENDY

This sauce can stay in good condition for years when prepared right, so make as much as you like. I suggest starting with 5 lb. Soak temerhendy in large pot or a porcelain pail overnight. Be sure that temerhendy is completely covered with water. Take out pits and branches next day and strain through a very thin cheesecloth bag, throwing mush out. Wash pail and put the juice back into the pail. Add 2½ lb. sugar, ½ cup salt, and juice of one lemon or lime, and cook on medium fire for 5 hours or until the amount remaining in the pot is half of what you started with. Cool and put into jars. Store in a cool place.

BEDDA BELEMUNE

(*Sour white sauce to be eaten with rice*)

2 cups chicken soup
juice of 1 lemon
2 egg yolks
2 tbs. of flour mixed with 2 tbs. water
dash of pepper
dash of cinnamon
salt to taste

Note: A tablespoon of chicken fat in two cups of water may be substituted for chicken soup.

Bring soup to a boil, adding salt to taste. Make a paste with the flour and water. Add the egg yolks. Beat well and add to soup, stirring slowly. Let boil for three minutes and remove from heat. This may be eaten hot or cold and is also good over fried fish.

BARBECUE SAUCE

(Marinade for chicken legs)

½ cup oil
2 cups chili sauce
1 cup tomato catsup
½ teas. oregano
1 tbs. French mustard
½ teas. black pepper
salt to taste
1 tbs. chopped parsley or parsley flakes
few drops tabasco

Heat the oil in a saucepan. Add all ingredients, bring to a boil, reduce heat and simmer 10 minutes.

HOMOD—SOUR MINT SAUCE

2 cups water
½ lb. cubed veal
1 teas. mint leaves
1 can tomato sauce
1 large lemon
clove of crushed garlic
½ cup diced celery
1 medium potato—diced

Add all ingredients to saucepan and let simmer on a low fire until meat is tender. This can either be served as is over rice or with small kebe added to it.

SYRIAN SALADS

(*Salatas*)

(*Serves 4*)

This is our main salad:

4 large solid tomatoes
1 large cucumber
1 large lemon or more
2 stalks of celery with leaves
1 large green pepper
1 clove crushed garlic
1 teas. dry mint leaves
½ head of lettuce or romaine lettuce or both

In a large salad bowl, dice tomatoes, cut pepper, celery and shred lettuce, crush garlic to a paste and add to salad. Add mint leaves, lemon juice, and toss all together. Chill in refrigerator for 1 hour, add salt when ready to serve.

BABA GHANUGE

(Eggplant & Tehene Salad)

(Serves 4)

1 medium size eggplant—broiled, 5 minutes on each side
2 tbs. tehene
1 garlic clove
1 lemon
1 teas. snowbar-pinenuts
few sprigs parsley

Wash the eggplant. Then broil on top of stove.* Scoop it out from shell in a deep plate. Add salt to taste, crush garlic and add. You can add garlic or onion salt if you prefer. If you do, the amount I'd say is the tip of a teaspoon. Now chop it while it is in the plate with tip of knife. Make a paste of the tehene with a tablespoon of water and add it to the eggplant; garnish with the chopped parsley and snowbar. Serve either chilled or at room temperature.

* Eggplant is placed directly on burner of stove, no pot or pan. Skin will burn, but inside of eggplant will be tender and done just right.

BAZERGHANE

(Most delicious dip or relish)

This is a salad or relish. This relish can be kept in a jar in the refrigerator several weeks and taste just as good if not better.

¼ lb. of very fine berghole (ground wheat)
2 tbs. olive oil
2 tbs. ketchup
4 tbs. temerhendy
1 tbs. chopped walnuts
a dash of ground red pepper (regular or hot)
¼ teas. Camune
a few sprigs of parsley
1 teas. snowbar

Pick and wash berghole several times, strain and put aside about 10 minutes. Now add oil and salt to taste. A dash of red pepper, Camune and Temerhendy. Mix well, garnish with parsley and snowbar, and chill or serve at room temperature. (Walnuts may be added if desired.)

TEHENE SALAD

(*Serves 4*)

1 cup tehene
1 lemon
1 garlic clove
1 teaspoon snowbar
½ cup water
few sprigs parsley

Make a paste of the Tehene with the water; add lemon juice, salt to taste, crushed garlic. Fold well and garnish with chopped parsley, and snowbar. Serve chilled.

FRESH SPINACH SALATA

(*Four servings or more*)

1 lb. fresh spinach
1 small onion or a few scallions
1 teas. Camune
2 tbs. olive oil
1 lemon or more

Wash spinach well, chop and chill in the refrigerator. Chop the onion, add Camune, oil, lemon juice, and salt to taste. Set it aside in a covered jar until ready to serve salad, add it to spinach at the table.

BEET SALAD

(Serves 4 or more)

1 jar any style beets—or one bunch fresh beets
1 tbs. olive oil
¼ teas. camune
1 small onion—or a few scallions
the juice of one lemon—or one tbs. vinegar

If you use fresh beets, cook them until tender. Shell and dice beets in bowl; if canned, put in a little of the juice if you like, then add chopped onions or scallions, lemon or vinegar. Salt to taste, also add Cemune. Serve at chilled or room temperature.

SYRIAN POTATO SALAD

(Serves 4)

4 very large potatoes
1 lemon
2 tbs. olive oil
¼ teas. allspice
salt to taste
1 teas. chopped parsley

Boil potatoes in jackets until done, peel and cut in round slices, thin, let cool, add salt, oil, lemon, and allspice, toss together and serve. You can also add garnish with parsley.

YELLOW CHICK PEA SALATA

(Or Relish & Dip)

(Serves 4)

1 can chick peas
4 tbs. olive oil
1 large lemon
1 teas. camune
few grains of hot red pepper
few sprigs parsley

Shell the peas and either mash them with a fork or grind them in the meat grinder. Add 1 tablespoon of the oil, salt to taste, half of the camune, and a dash of hot pepper. If you don't care for pepper use paprika, arrange smoothly in a plate, pour the remaining oil on top, pepper or paprika, camune without mixing the contents. Garnish with chopped parsley, serve chilled or at room temperature.

FAVA BEAN SALAD OR RELISH

(Serves 4)

1 can fava beans
2 tbs. olive oil
1 large lemon
1 small onion or few scallions
1 teas. camune
few grains hot pepper or paprika
few sprigs parsley

After you shell the peas you either can mash them or leave them as they are. They taste good both ways. You fix it the same way as the yellow chick peas salad, only if you like, you slice 2 hard boiled eggs in four and arrange them around the plate.

EGGPLANT SALATA OR RELISH

(Serves 4 or more)

1 medium eggplant
2 small ripe tomatoes
1 garlic clove
1 teas. dry mint leaves
1 tbs. vinegar
1 tbs. olive oil
few sprigs parsley

Broil eggplant on top of stove, peel and chop fine with a fork. You can serve this hot or cold. Add salt to taste, oil, crushed garlic, and mint leaves. Peel and dice tomatoes and add. Mix lightly and serve garnished with parsley, putting the vinegar last.

FRESH MINT LEAVES SALAD

(Serves 4)

1 bunch fresh mint
1 teas. olive oil
1 small lemon
salt and allspice to taste

Wash mint well. Add salt and allspice, oil and the juice of a lemon. Serve with meat dishes or with cocktails.

Before I forget, all these delicious salads can be served with cocktails. We call them Maza when we serve them all together at a cocktail party. They make a beautiful assortment to serve with hors d'oeuvres. I will have the recipe following the salads.

SALATA IN OLIVE OIL

(Serves 4)

½ head lettuce
4 large tomatoes
1 large cucumber
1 large lemon or more
1 large pepper
1 medium onion or 4 fresh scallions
1 tbs. olive oil
few sprigs parsley

You prepare this salad the same as the one on the previous page. Only the chopped parsley is added last on top as garnish. If pomegranate is in season, you can add ¼ of one.

CUCUMBER SALATA

(Serves 4)

2 large cucumbers
1 garlic clove
2 tbs. water
1 teas. dry mint leaves
1 tbs. vinegar
salt to taste

Wash and peel cucumbers, dice into a deep plate, add crushed garlic, mint leaves, vinegar, salt, and water. Serve chilled.

LABANE OR YOGURT WITH CUCUMBER

(Serves 4)

2 cups yogurt
1 diced cucumber
salt to taste and a dash of dry mint (1 teas.)
mix and serve, chilled

This is a delicious summer salad. You can serve it with any egg dish or alone as an appetizer, and of course, with megaddara, rice with butter. Also stuffed squash as a dairy dish, which are all in this book.

RED KIDNEY BEAN SALAD

(Syrian Style)

(Serves 4)

1 large can red kidney beans
1 medium size onion or a few scallions
1 lemon
1 small green pepper
few sprigs parsley
2 tbs. olive oil
½ teas. camune

Pour the beans in a deep salad plate. Unless you like your salad juicy, throw out juice of beans. Add salt to taste, chopped onions, chopped green pepper, olive oil, and the juice of one lemon. Blend well, garnish with chopped parsley and camune.

MAIN DISHES
MEAT

RICE—SYRIAN STYLE

(Makes four generous portions)

1½ glasses rice
2 glasses water
1 teas. coarse salt
4 tbs. oil
1 tbs. Orzo #47 browned in oil until light pink in color and let cool

Brown Orzo #47 in oil in deep saucepan. Let cool. When ready to cook, add water and salt and bring to boil. Wash rice and drain and add to boiling water. Bring to a boil and lower fire. Let cook until all water is absorbed and rice is fluffy. Pot should be covered. This should cook for about 30 minutes. Serve hot or cold. If you are not going to serve it right away, empty rice into a bowl or platter. It is important to separate and fluff the rice and then place back in saucepan. This way, the rice doesn't get lumpy when it cools. If you are making this for company, omit the Orzo and roast a handful of pine nuts and sprinkle them on rice when served.

SPANISH RICE

1½ glasses rice
1 large onion minced
1 clove garlic minced
1 green pepper diced
½ cup diced celery
1 cup fresh or frozen peas
½ cup diced carrots
1 cup or 1 small can button mushrooms
½ can No. 2 tomatoes with chunks
½ cup oil
1 glass water
1 teas. paprika
¼ teas. curry powder

Heat oil in a 3 quart pot, brown onions, garlic, green peppers, and celery together. When golden brown, add rice and roast until pink in color, mixing now and then so it won't burn. Add tomatoes, water, salt, paprika, and curry powder. Let boil fiercely a few minutes and place in pre-heated oven 200 degrees until half of the water is gone. Add mushrooms and peas and mix them into rice. Never cook rice in porcelain pot.

ROLLED STUFFED MEAT LOAF

2 lbs. ground beef chuck
1 cup soft bread crumbs soaked in one-half cup water
1 onion finely chopped
½ teas. salt
½ teas. allspice, or black pepper
1 egg

FILLING

½ cup fine chopped celery
½ cup sliced mushrooms
½ cup chopped parsley
1 cup soft bread crumbs

1. Combine the meat with the soaked bread, onion, salt and pepper, and egg. Mix well, and pat the meat into an 8 x 14 inch rectangle on a double sheet of foil.
2. Fry onion (until golden brown, add celery, and 2 tablespoons of oil), mushrooms, parsley and bread crumbs.

Place filling in center of chopped meat and shape into a meat loaf—place in tray and bake for 1½ hours; open foil and let brown for 15 minutes.

SPARE RIBS

(Serves 4)

3½ lbs. spare ribs
½ cup dry red wine
2 tbs. brown sugar
1 bay leaf
½ teas. Worcestershire sauce
½ teas. prepared horseradish
salt and pepper

Dip spare ribs in the mixed ingredients. Bake in a tray in 200 degree oven until well done.

BROILED CALF HEART

(for 2)

Wash and slice heart. Season to taste. Broil under broiler if indoors and on charcoal if outdoors. Serve on open Syrian bread.

KEBE FEL SENIEYE

(Ground Wheat and Ground Meat Pie)

1½ lb. ground beef or veal
2 cups very fine cracked wheat (berghole)
1 onion
1 can tomato paste
1 teas. cemune
dash of hot red pepper
4 tbs. oil
1 tbs. chopped walnuts

Brown onion in oil until golden in color. Add chopped meat and cook on medium fire, frying until meat is well done and dry. Put aside to cool. Mix berghole with salt, cemune, pepper and tomato paste, and ½ lb. lean beef—raw. Mix well, kneading as you would for dough. Grease a pie plate (about a 9 in. pie plate should do) with chicken fat or oil. Pat half of the berghole mixture into plate. Pour all cooked meat, adding a dash of cinnamon and allspice and ground walnuts. Spread evenly in plate and cover with rest of berghole mixture, patting well. Cut the pie into small diamond shapes and bake in a 300 degree oven until golden brown. Serve hot with a salad.

KABAB WITH CHERRIES

1½ lb. fresh or canned bing cherries pitted
4 large onions, preferably red onions
1 lb. ground beef, not too lean
1 tbs. temerhendy
juice of ½ lemon
dash of allspice and cloves and curry powder to taste
4 tbs. oil

If cherries are fresh, wash well and pit them. Set aside. Slice onions and line the bottom of a casserole with half of the onion. Add half of the cherries and place the ground meat evenly in the casserole. Repeat with the rest of the onions and cherries and spices. Add temerhendy. Bake in 300 degree oven uncovered, basting occasionally until meat is well done. Serve hot on Syrian bread.

BLEHATE WITH TOMATO SAUCE

(*Meat balls*)

1 lb. ground beef or veal very lean
1 egg
1 tbs. fine bread crumbs
1 can tomato sauce or stewed tomatoes
1 clove crushed garlic
¼ teas. camune

Mix in a bowl ground meat, egg, salt, bread crumbs and camune and crushed garlic. Blend well and shape into patties a little larger than a Brazil nut. Boil the tomato sauce in a deep saucepan. Drop the meat balls in it and let simmer for 1 hour on a low fire. Serve with rice.

KEFFTES

(Sour meat balls)

1 lb. ground beef and veal
1 egg
1 tbs. matzo meal
salt and allspice to taste
few sprigs chopped parsley
1 tbs. finely chopped walnuts (optional)

Blend meat, spices, parsley and walnuts. Shape into small patties the size of a large walnut. Dip each one in beaten egg and then in matzo meal. Fry in about 2 tablespoons of oil and drop them into sauce. Let them simmer on low fire for 1 hour.

SAUCE FOR KEFFTES

2 small cans of tomato sauce or a large can stewed tomatoes
1 clove minced garlic
1 teas. dry mint leaves
2 tbs. temerhendy or Worcestershire sauce
juice of 1 lemon

Put tomato sauce in deep saucepan. Add crushed garlic and mint leaves, salt to taste and add temerhendy. Bring to a boil. Drop in meat balls and lower fire. Cook until meat is tender—about 1 hour.

STUFFED EGGPLANT

8 small eggplants
1 large eggplant
1 lb. ground beef, fatty
½ cup uncooked rice
1 cup water
2 tbs. of canned chick peas shelled
few sprigs of chopped parsley
salt, cinnamon and allspice to taste

Wash and slice the large eggplant. Salt lightly and fry in deep oil until golden brown. Wash and scoop (with a potato peeler) the small eggplants, removing the top. Either discard or fry the pulp. Wash rice, strain. Add salt and cinnamon and allspice, chick peas, chopped parsley and the ground beef. Mix well and stuff eggplant. Fry the eggplants in the oil that you fried the large eggplant in. Arrange half of the fried eggplant in a roaster. Arrange all the stuffed eggplant and top with the remainder of the fried eggplant. Add a cup of water and cook in the oven at 300 degrees for about 2 hours or until eggplants are tender.

STUFFED BREAST OF VEAL

1 lb. ground beef
2 to 3 lb. breast of veal
1 cup water
2 tbs. oil
½ cup uncooked rice
salt, cinnamon and allspice to taste

There are three or four kinds of pocket. There is the breast of veal, veal cutlet pocket, and the veal shoulder without bones and also the neck veal. Choose whichever cut you wish. Have your butcher make an opening like a pocket in the meat. Mix the ground beef and the washed rice, spices, and stuff pocket lightly. Fasten with needle and thread. Heat oil in roaster. Brown pocket. Add water and cook in a 300 degree oven until well done. You may add either peas, mushrooms, truffles or fried potatoes to the pocket and cook 10 more minutes. If you are going to add fava beans, they should be added when pocket is half done.

STUFFED VEAL ROLL

(Kwessate)

(Serves 4)

These are hors d'oeuvres (maza) and should be served cold. Of course you can also serve them hot, as an entree or as a main dish with vegetables.

4 slices of shoulder veal
1 lb. ground veal
2 tbs. chopped walnut
2 tbs. shelled pistachio nuts
1 tbs. oil
½ cup water
1 tbs. pinenuts (snowbar)
salt, allspice, cinnamon, and cloves to taste

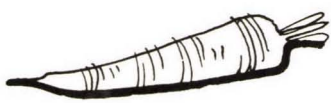
Have your butcher prepare 4 slices of veal shoulder and flatten them. They should be much thinner than steak. Mix your ground veal with allspice and nuts. Mix well. Separate the stuffing in 4 portions and spread a portion on each veal and roll. Either fasten them with a toothpick or white sewing thread. Heat oil in bottom of the casserole and arrange the veal rolls. Cover and let simmer on low fire ten minutes, add water, and continue cooking until they are well done. When cool, slice them and serve.

STUFFED CARROTS

(Serves 4)

12 large carrots
1 lb. ground fatty beef
½ cup uncooked rice
1 glass water
2 tbs. temerhendy
2 tbs. tomato sauce
1 clove crushed garlic
½ teas. dry mint leaves

These kinds of carrots are sold in Italian vegetable stores and come loose. They are sold by the pound. Buy them very fat and leave them at room temperature for 24 hours before scooping them. Scrape them, wash them and cut off both ends. Scoop them with a potato peeler, saving the pulps. Pick and wash rice, add salt to taste, allspice. Add ground meat and mix well. Stuff carrots, cover with remaining pulps, add tomato sauce, temerhendy, crushed garlic, water. Cover, bring to a boil, lower fire, add mint leaves, and let simmer until carrots are well done, and about 2 tablespoons of juice left. This is good served with meat and fried potato dish, or Kebe and potatoes or Kasskasune.



MEAT LOAF WITH CHERRY SAUCE

1 lb. end of steak—a little fatty
1 lb. veal shoulder
2 eggs
1 medium onion
1 carrot
2 stalks celery with leaves
1 clove garlic
8 sprigs parsley with stems
4 tbs. bread crumbs, fine or Matzo meal
¼ teas. salt
¼ teas. allspice
a dash of nutmeg and cloves
1 small can tomato sauce
1 lb. pitted black cherries (fresh or canned sweet)

The vegetables must be all ground with the meat, not chopped, unless you can chop them as fine. Mix all ingredients with meat including tomato sauce. Blend very well, wetting your hands in cold water now and then. Put into oval or square roaster and shape meat into a loaf. Cook in 300 degree oven, covered for 30 minutes. Uncover and lower fire to 250 degrees. Cook for 40 minutes, then add cherries on top of meat loaf. Let it cook another 10 minutes.

Serve hot with either of the following dishes: mashed potatoes, rice, potato salad, vegetables, or French fried potatoes and green salad.

STUFFED ARTICHOKES WITH VEAL

(Serves 4)

4 large artichokes
1 lb. ground veal, a little fatty
1 tbs. fine bread crumbs
1 tbs. snowbar or pinenuts
juice of one lemon
2 tbs. tomato sauce
1 clove crushed garlic
2 tbs. oil
½ cup water
salt and allspice to taste

Wash and take off leaves from artichokes until you get to the tender part. Cut in half and clean fuzz out. Place in cold water, so they won't get dark in color. Add salt and spices to the meat. Mix in bread crumbs, add a tablespoon water, and stuff the hollowed part of artichoke, patting meat well in. Place oil in casserole, arrange artichokes, mix lemon juice, tomato sauce, and ½ cup of water. Add crushed garlic, pour over artichokes, cover and bake in 300 degrees F. oven, until meat is done, about 1 hour. Leave a little juice on it. Serve hot or cold. This can be served as an entree or appetizer, or for the main dish, in hot weather, served cold.

STUFFED DUCK

(Serves 4 or more)

1 small duck—cleaned
1 lb. ground beef
1 cup uncooked rice
1 cup water
few stems chopped celery and parsley

Pick and wash rice, strain from water, add salt to taste, allspice, nutmeg, a dash of ground cloves. Blend well, add ground beef, mix and stuff duck, sew opening with needle and thread. Roast in oven, adding water until duck is tender. Serve as is or add any of the following vegetables: stuffed potatoes cooked together with duck, arrange them around duck in roaster. Mushrooms, if canned, 10 minutes before serving, if fresh, when duck is half done. Peas the same way as fresh mushrooms. Quinces the same as fresh mushrooms. You can also add dried apricots when duck is half way done. You can also cook stuffed chicken this way except quinces and apricots don't go with chicken, but fried eggplant is delicious added when chicken is almost done.

STUFFED SQUASH WITH MEAT

8 medium yellow or green squash
1 lb. ground beef
½ cup uncooked rice
salt, allspice and cinnamon to taste
½ cup water
1 tbs. tomato sauce
1 clove minced garlic
½ teas. dry mint leaves
juice of 1 large lemon

Wash and scrape squash. Scoop the squash whole, after removing top. Rice should be washed and strained. Add salt, allspice and cinnamon and ground meat to rice. Stuff squash lightly to the top. Arrange in pot with the water. Add lemon juice and tomato sauce, minced garlic and mint leaves. Cover and let cook on low fire for 1 hour.

STUFFED GREEN PEPPERS

8 green peppers
1 lb. ground beef, a little fatty
½ cup uncooked rice
2 tbs. tomato sauce
1 tbs. temerhendy
juice of 1 lemon

Wash and core peppers. Wash rice, strain. Add salt and allspice. Add ground beef. Mix well and stuff pepper lightly to the top. Place in a deep baking tray, open top of peppers face down. Mix tomato sauce, lemon, and temerhendy and 1 clove of crushed garlic and ½ teaspoon mint leaves. Add to peppers. Cook in ½ cup water. Cover pan and bake in 300 degree oven until peppers are tender. About 1 hour.

YEBRA

(Rolled vine leaves)

You can buy vine leaves in jars containing four or five bunches. One bunch is sufficient for four servings, or you can roll the whole jar and freeze the remainder. The following recipe is for four servings.

1 bunch vine leaves
1 lb. ground beef
1 tbs. tomato sauce
1 tbs. temerhendy
1 cup water
½ cup uncooked rice
juice of one lemon
1 teas. dry mint leaves
1 clove garlic crushed or minced

Wash leaves from salted water several times. Meanwhile, wash rice and strain. Add cinnamon and allspice and salt to taste. Add ground beef. Mix well. Open leaves flat. Place one heaping teaspoon in the middle of the leaf. Fold sides over and roll tightly. Arrange in layer, add water and all the other ingredients. Let simmer 15 minutes. Lower fire. Cover and cook until leaves are tender (about 1 hour).

STUFFED SWICHARD

(Serves 4)

2 bunches chard
1½ lb. ground beef
1 teas. dry mint leaves
1 tbs. tomato sauce
½ glass uncooked rice
juice of one lemon
1 clove of garlic or a dash of garlic powder
1 cup of water
2 tbs. temerhendy
salt, cinnamon and allspice to taste

Buy two bunches of chard. Cut leaves from stem and put aside. Following this I will have a recipe for the stems as a side dish. Wash sand thoroughly from chard. Have a deep saucepan ¾ filled with boiling water. Place leaves in boiling water. Blanch them for 2 minutes. Rinse them with cold water. Put aside. Wash rice, strain. Mix with meat and spices and open leaf flat and place a tablespoon of meat in the center. Fold sides over, and roll tight. Arrange in layers. Add water and the rest of the ingredients and bring to a boil. Lower fire and cook for about an hour, leaving a little juice in pot.

STUFFED TOMATOES

(4 servings or more)

6 large solid tomatoes
¾ lb. ground beef (a little fatty)
salt, allspice to taste
1 clove minced garlic
1 teas. dry mint leaves
1 large lemon
½ cup rice, uncooked
1 tbs. temerhendy or Worcestershire sauce

Wash tomatoes and using a potato peeler remove top of core and scoop inside of tomatoes. Save the tomato pulp. Wash rice, add salt and allspice and meat and blend with rice. Stuff tomatoes lightly and arrange in baking tray which is at least 1 in. deep. The tray may be either glass or enamel. Crush garlic and add to the pulps of the tomatoes. Also, add mint leaves to the pulps and pour over stuffed tomatoes. Tomatoes should be put open side down in the baking dish. Bake in 300° F. oven for one hour. Mashed potato pie goes very well with this dish.

BARBECUE BROILED IN TRAY

(Serves 4)

1½ lb. shoulder steak, lamb or veal cutlet boned
2 fresh, firm, large tomatoes
1 small green pepper
1 cup diced eggplant
4 medium onions
¼ lb. fat, cubed (omit fat if you are using lamb)

Dice meat into 2 inch cubes. Dice fat smaller and put in baking tray. Add onions which have been cut into quarters. Also add quartered tomatoes, eggplant and salt and allspice or black pepper to taste. Broil under broiler in oven. Baste once in a while and cook until tender. Serve on open Syrian bread.

KEBE

(Stuffed meat balls)

(Use as a garnish for vegetables)

The Syrian people garnish their vegetables with kebe because our vegetable dish is almost always our main dish. We either add chunks of meat to the vegetables or kebe which are small meat balls, the shell of which is made of ground meat and ground rice and the filling is made from ground meat and spices. The following recipe is for four servings. However, as it is a dish that takes time to prepare, you can double the recipe and put half in the freezer. You can buy the ingredients at any Greek or Syrian store listed in this book.

1 lb. very lean ground beef
¾ glass ground rice—uncooked
few stalks celery chopped fine
salt, cinnamon, allspice—a dash of each
1 tbs. ground walnuts—optional

If you are grinding the meat at home, grind the meat and then grind it again with the rice two times, or if you are having your butcher do it, let him follow this same method of grinding the meat and then grinding the meat together with the rice two times. Mix the meat and rice mixture well. Separate into pieces the size of a walnut. Roll them into little balls. Make a deep dent in the middle and put the stuffing in the dent. Close with thumb and forefinger.

STUFFING FOR KEBE

½ lb. chopped meat—a little fatty
2 tbs. chopped celery
1 tbs. chopped walnuts
spice to taste with a dash of: cinnamon, salt and allspice

Kebe freeze very well and because they freeze so well can be used with many vegetables and also in a sour sauce to eat with rice.

The following are some of the vegetables which you can add kebe to. Recipes for preparing these vegetables will follow:

Artichokes
Peas
Mushrooms
Truffles
Asparagus
Fried Potatoes
Fried Eggplant
Dried Apricots
Quinces

TRUFFLES WITH KEBE

1 small can of truffles
20 kebe
2 tbs. oil
salt and allspice to taste
½ cup water

Wash truffles well from sand and slice. Place in a saucepan adding the fried kebe, ½ cup water, salt and allspice and let it simmer for 20 minutes. All these dishes are served with rice, and a salad.

SWEET PEAS WITH KEBE

1 can peas or 1½ boxes frozen peas
salt and allspice to taste
20 kebe

If you are using canned peas, fry the kebe in 2 tablespoons of oil. Add 2 tablespoons of water when the oil is cool. Let simmer for 15 minutes and add the peas. Let simmer for another 5 or 10 minutes. If you are using frozen peas let simmer for 20 minutes.

ARTICHOKES WITH KEBE

4 artichokes
2 tbs. oil
1 cup water
juice of ½ lemon
salt and white pepper to taste
20 kebe

Take off outer leaves of 4 large artichokes, cut in quarters, wash and take out fuzz. Place in saucepan and add salt and white pepper to taste. Also add juice of ½ lemon and 1 cup water and the fried kebe. Simmer for ½ hour or until the artichokes are tender.

MUSHROOMS WITH KEBE

1 lb. fresh mushrooms or 1 lb. canned mushrooms
spice and salt to taste
2 tbs. oil
20 kebe

If you are using fresh mushrooms you do not need water; if you are using canned mushrooms use the liquid from the can. Wash and clean fresh mushrooms and place in a saucepan adding the salt, spices and the fried kebe. If using fresh mushrooms simmer 30 minutes or until mushrooms are tender. If canned mushrooms are used add to pan together with kebe and simmer for 10 minutes.

ASPARAGUS WITH KEBE

2 bunches fresh asparagus
salt and white pepper to taste
1 tbs. oil
2 tbs. water
20 kebe

Wash and take the coarse top off the asparagus. Place in a saucepan. Add one tablespoon of oil and 2 tablespoons of water. Bring to a boil on a low fire and add kebe, fried. Cook until asparagus and kebe are tender.

DRIED APRICOTS WITH KEBE

½ lb. dried apricots
1 cup water
2 tbs. chick peas shelled (canned chick peas)
1 tbs. temerhendy or Worcestershire sauce
juice of ½ lemon
2 medium sized onions
20 kebe

Wash apricots in cold water. Place half of the apricots in a saucepan. Add sliced onions, chick peas, fried kebe and all the other ingredients. Let simmer on low fire until all the water is absorbed. This is good served with rice or Kasskasoune.

QUINCES WITH KEBE

2 large quinces (yellow in color, otherwise they are not ripe)
20 kebe
salt and allspice, nutmeg to taste
1 tbs. temerhendy
1 cup water

Wash quinces and slice them. DON'T PEEL THE QUINCES. Take out pits from quinces as you would an apple. Place in saucepan with a cup of water and all the spices. Cook for 15 minutes or until almost tender. Add fried kebe and temerhendy and cook for another 15 minutes. It should be a little juicy so add a little extra water if needed.

FRIED POTATOES WITH KEBE

Fry the potatoes sliced any way you like. Round, diced or shoestring. Place in saucepan, add fried kebe, allspice and salt and cinnamon to taste with ½ cup water and simmer on low fire for 20 minutes. This is good served with rolled vine leaves, rolled cabbage, Syrian style or plain cooked peas.

FRIED EGGPLANT WITH KEBE

1 medium size eggplant (1 to 1½ lbs.)
2 tbs. canned chick peas
20 kebe
salt and allspice to taste
½ cup water

Wash, slice and fry eggplant in deep oil until golden brown. The eggplant can be peeled if you choose. I prefer to leave the skin on as it is very tasty. Arrange half of the fried eggplant in a saucepan. Add fried kebe, spices and water, and cover with the rest of the eggplant. Cover and simmer on low fire for 15 to 20 minutes. This is good served with string beans in oil and rice.

KASSKASUNE WITH MEAT

1 box kasskasune (Acini de Pepe #44)
½ can chick peas
4 medium sized onions
1 teas. coarse salt
1 lb. veal yadime
4 tbs. oil
2 glasses water
1 can tomato sauce

In a deep saucepan, cut yadime into four chunks. Peel and slice onions. Add water and cook until meat is tender. When meat is tender add tomato sauce. In the meantime fry one onion in oil and fry kasskasune until pink in color. Add chick peas to water, add kasskasune and let boil fiercely for a minute. Lower fire and let cook until all the water is absorbed. Serve hot.

LAMB KNUCKLES WITH CHICK PEAS

2 knuckles cut in half
1 can of chick peas
½ teas. salt
3 cups water

Wash knuckles well. Cook 15 minutes in water and discard water. Rinse well. Place in a deep saucepan, adding 3 cups of fresh water and cook until well done. Add chick peas, salt and a dash of white pepper. Cook for a few minutes longer and serve hot with parsley and a few drops of lemon juice.

MACARONI WITH MEAT

(Veal or Beef)

1½ lb. veal yadime
1 can tomato paste
¾ lb. macaroni or spaghetti
1 teas. coarse salt
1 cup water
4 tbs. oil

Cut meat into four chunks, leaving whatever fat there is on. Place in a deep saucepan adding oil and cook until meat is halfway tender. Add water, tomato paste and cook for another 10 minutes. Meanwhile, boil macaroni in 2 quarts of water. Rinse in cold water, drain well, add to meat, add a dash of cinnamon, allspice and blend together. Bake in 300 degree oven for 20 minutes.

LAMB TONGUES WITH YANKEE BEANS

(*Fassulliye*)

4 lamb tongues
½ box of Yankee beans
1 can tomato sauce
1 small onion
2 tbs. oil
3 glasses water
½ teas. salt

This dish is always served with rice. You can also use yadime in place of the tongues.

Wash and soak beans for several hours. Fry onion in oil, add water, salt, tomato sauce and tongues after they have been cooked in water and 1 tablespoon of vinegar, discarding the first water and rinsing under cold water. Add beans and the spices. Lower fire and cook until tongues and beans are well done.

GHEH

(Syrian Style Stuffed Derma)

2 yards of thin derma casing
1 lb. ground beef (fatty)
2 tbs. oil
1 cup uncooked rice
salt, allspice, cinnamon to taste

Clean derma very well with hot water and vinegar. Wash several times in cold water. Cut derma in four pieces to make it easier to stuff. Combine the rice, meat and spices. Stuff derma. Fry them in oil and cook either with dried apricots or a can of chick peas, water included. Cook for about an hour.

CHICKEN WITH POTATOES

3 lb. chicken fryer or broiler
2 lb. potatoes
½ teas. coarse salt

Roast chicken in oven until golden brown. Peel, dice and fry potatoes, lightly salted. When chicken is done add potatoes, cinnamon and allspice to taste. Cover and let simmer in oven for 15 to 20 minutes in a 300 degree oven. Serve rice or a salad with it.

The following are vegetables that can be added to roast chicken, when chicken is done. Simply add the vegetables and cook in oven with chicken for 10 more minutes:

Canned mushrooms
Truffles
Frozen peas
Fried eggplant

Always drain water from mushrooms and truffles.

CHICKEN WITH RICE

3 or 4 lb. chicken, fatty
1½ glasses uncooked rice
2 glasses water
2 tbs. oil
½ teas. salt
cinnamon and allspice to taste

Roast chicken in oven. Wash rice well and cook in chicken soup instead of water. When done, add to the roasted chicken in the roaster and bake in a 300 degree oven for about 10 to 15 minutes. Serve with salad or hollandaise sauce.

CHICKEN AND MACARONI

3 or 4 lb. chicken for roasting, fatty
¾ lb. macaroni
1 can tomato sauce
1 teas. salt
cinnamon and allspice to taste
2 tbs. oil

Roast chicken in 300 degree oven until golden brown. Boil macaroni according to directions on the box. Rinse in collander under cold water. Take chicken out of roaster, leaving gravy in the pot. Blend in tomato sauce and spices. Add macaroni, blend well. Place chicken in center and cook for 30 minutes more in oven. Serve with a salad.

FAVA BEANS WITH MEAT

2 lbs. shelled fava beans
1 lb. beef yadime or veal
4 tbs. oil
2 cups water
salt and allspice to taste
dash of garlic salt

Wash and shell beans. If tender, chop some with their shells. Cut meat in four chunks. Place meat in saucepan, add oil, salt and allspice to taste, dash of garlic salt and fava beans and water. Let simmer for 2 hours. This is served with rice and a salad or a sour sauce.

SYRIAN STEW OR HASH

(*Lahme fel Maale*)

1 lb. ground beef
4 medium size sliced onions
1 cup diced eggplant
2 large fresh tomatoes diced
½ green pepper diced
2 tbs. temerhendy
juice of ½ lemon

Line a casserole with half of onion, half of eggplant and half of the tomatoes and half of green pepper. Add salt and allspice to taste. Add all ground meat, patting meat so that all the vegetables are covered. Add rest of all vegetables, sauce and cover and let simmer until meat is tender. This is served with kasskasune or kebe neye or berghole with meat and rice.

BERGHOLE WITH MEAT

2 cups very coarse berghole
4 medium sized onions
½ can chick peas
1 lb. beef or veal yadime
1 can tomato sauce
4 tbs. oil
2 cups water
salt to taste

Cut meat in four chunks. Simmer in oil until meat is half done. Add water and bring to a boil. Add tomato sauce and three onions sliced. Meanwhile fry the fourth onion in 2 tablespoons oil until brown. Pick and wash berghole and add to the fried onion. Roast as you do with kasskasune. Remove from gas and when meat is tender add chick peas and the berghole. Bring to a boil and finish cooking at 200 degrees in oven until all water is absorbed. A side dish of dried apricots goes well with this dish.

CHICK PEAS WITH RICE AND MEAT

1 glass rice
½ can chick peas
1 lb. veal yadime
4 tbs. oil
1 clove garlic crushed
¼ teas. thyme
1½ glasses water

Cut yadime in four chunks. Wash and cook in water, adding salt. Meanwhile, brown garlic in oil. Add washed rice and roast until pink. Put aside. When meat is done, add chick peas and rice. Bring to a boil. Lower fire and cook in 300 degree oven until all water is dried and rice is fluffy. Serve either with salad, sour sauce, or cooked apricots.

FAVA BEANS WITH RICE AND MEAT

2 lbs. shelled fava beans
1 glass uncooked rice
1 lb. beef or veal yadime
4 tbs. oil
1 clove crushed garlic
¼ teas. thyme
2 glasses water

Cut yadime in four chunks. Shell fava beans and cook together in water, adding salt to taste. Let cook until meat and beans are done. Fry garlic and thyme in oil. Add washed rice. Fry until pink. Add to water, beans and meat and bring to a boil. Lower fire and cook in 300 degree oven until all water is dried and rice is fluffy.

SWEETBREADS WITH MUSHROOMS

1 lb. sweetbreads
1 lb. mushrooms, fresh or canned
1 onion
4 stalks celery with leaves, diced
½ cup water

Wash sweetbreads and cook in deep saucepan, covered with water, adding one teaspoon vinegar. Let cook for 15 minutes. Remove from water and rinse under fresh cold water. Dice and clean all veins and skins. Meanwhile fry onions until golden brown and add diced celery, water, sweetbreads. Cover and simmer on low fire until celery is tender. If mushrooms are canned, add 10 minutes before serving. If mushrooms are fresh, omit water and cook with the sweetbreads. Serve hot over rice.

GREEN PEAS, RICE AND MEAT

2 lbs. sweet peas, fresh, frozen or canned
1 glass uncooked rice
1 lb. veal yadime
4 tbs. oil
1½ glasses water
1 clove crushed garlic
¼ teas. ground thyme

Cut yadime in four chunks. Wash and cook in water until almost done. Bring to a boil. Add rice which has been browned in oil together with thyme and garlic. Add peas. Bring to a boil, lower fire and cook until all water is absorbed and rice is fluffy. May be cooked in oven or on a low fire on stove.

STUFFED POTATOES AND MUSHROOMS

8 medium round potatoes
½ lb. fatty ground beef
¼ cup uncooked rice
1 cup water
2 tbs. oil
1 lb. mushrooms or large can of mushrooms
salt and allspice to taste

Wash and scrape or peel potatoes. Take top off and hollow out potato with peeler, leaving a thickness in the potato of ¼ inch. Do not throw away inside of potato. Mix the washed rice, salt, allspice and ground meat. Blend well and stuff potatoes. Fry potatoes in oil. Line a deep baking casserole with mushrooms, and arrange the stuffed potatoes. Add the rest of the mushrooms with 1 tablespoon oil and bring to a boil. Simmer until potatoes and stuffing are done. Serve either with roast chicken or any side dish. You can also add these stuffed potatoes to duck, or turkey.

MAIN DISHES
DAIRY

KELSONESS WITH NOODLES

(*Cheese ravioli with noodles*)

Dough

1 glass all purpose flour
1 egg
2 tbs. water
salt to taste

Filling

½ lb. grated cheese
2 eggs
few grains salt

Preparation

Have 1 lb. wide egg noodles on hand. Blend flour, salt and egg, adding one tablespoon of water at a time as needed. Knead well. Make round balls of dough. Roll in flour and put aside. Add your eggs to the grated cheese and salt as needed. Fold together well. The mixture should be thick. If you find it rather thin add a tablespoon of either farmer or cottage cheese or more grated cheese. Roll out dough on floured board until it is the same thickness as a pie crust. Put a row of ½ teaspoonfuls of cheese mixture leaving 2 inches between each spoonful. Fold dough over to just cover filling and cut out half-moon shaped kelsoness with a small juice cup. Arrange on floured tray until ready to cook. Half an hour before dinner, boil kelsoness in two quarts of water, adding salt to taste. When half done, add noodles. When both noodles and kelsoness are tender put into colander and rinse in cold water. Arrange in a baking tray adding the rest of the butter. Bake covered with aluminum foil for 20 to 30 minutes. Serve hot with yogurt.

SPANACH OU GEBAN

(Spinach Souffle)

(Serves 4)

1 box frozen spinach chopped and thawed
1 small size onion
2 tbs. cottage cheese
1 cup grated cheese
3 eggs
2 tbs. oil
1 tbs. butter
few grains salt
¼ teas. oregano

Fry onion in oil and pour over spinach. Add half of the cheese and egg mixture to the spinach. Blend well and pour into a baking dish. Pour the rest of the cheese and eggs on top as you would do an icing. Pour the butter evenly and bake in a 350 degree oven until top is golden. Cut in squares to serve. Serve yogurt with it.

MEGEDRA

(Rice and brown lentil dish)

(four servings)

1 cup lentils
1½ cups rice
1 medium size onion
2 cups water
½ teas. salt
2 tbs. oil
½ stick butter

Pick lentils and wash several times in cold water and soak for two hours. Pick rice and wash several times with cold water and soak for two hours in hot water. When ready to cook, brown onion in oil. Add water and salt and bring to a boil. Drain water from rice and lentils and add to the boiling water. Let boil fiercely a few seconds. Lower fire and cook 20 minutes or until water is absorbed and rice is fluffy. This must be served hot. Add butter when you serve it.

STUFFED FILET OF SOLE

(4 servings)

4 slices filet of sole
½ box frozen chopped spinach
4 tbs. ground munster cheese
1 egg
salt and pepper to taste
¼ teas. oregano
juice of half a lemon
4 tbs. melted butter
2 tbs. tomato sauce

Defrost spinach, and add salt, pepper, two tablespoons of butter. Beat egg, and add it to cheese, add it to spinach and blend well. Add the oregano, open filet, put a tablespoon of spinach and cheese mixture in center. Roll and fasten with toothpick. Arrange in baking tray, pour the rest of butter, tomato sauce, lemon juice and bake in 300 degree oven, until fish is tender. Keep tray covered.

TOMATOES STUFFED IN OKRA

(4 servings)

4 large tomatoes—solid
1 pkg. frozen okra
1 tbs. oil
1 clove crushed garlic
1 tbs. Tamarind (sour sauce)
salt and allspice to taste

Wash and scoop tomatoes, save the pulps. Brown garlic in oil, add okra, salt, allspice and the Tamarinds (Temerhendy). Cook until tender 20 minutes. Remove from fire, fill tomatoes with okra with a spoon, arrange in baking tray, add to the juice from it, the tomato pulps and bake 20 minutes in 350 degree oven. Serve as entree.

NOODLE PUDDING

1 pkg. (8 oz.) noodles
2 eggs, well beaten
½ teas. salt
1 pint sour cream
1 cup creamed cottage cheese
½ stick butter, melted

Preheat oven to 300 degrees F., cook noodles according to package directions; drain in large bowl, combine eggs and salt; then stir in sour cream and cottage cheese, add noodles and butter, blend well, place in greased 2 quart oblong baking tray. Bake 40 minutes or until pink in color—serve hot.

RICE AND BUTTER

1 glass uncooked rice
½ can chick peas
4 medium sized onions
2 tbs. oil
½ stick butter
1½ glasses water

Fry one onion until brown in a deep saucepan. Add water and salt to taste. Add the rest of onion which has been sliced and let cook until onion is tender. Add chick peas and rice, after the rice has been washed and strained. Add butter and cook fiercely for 1 minute. Lower fire and cook until all water is absorbed, using a covered pot. Serve with yogurt.

KASSKASUNE WITH BUTTER

(Acini de Pepe #44)

1 box kasskasune
½ can chick peas
4 medium sized onions
2 tbs. oil
½ stick butter
1 glass water
1 tbs. tomato sauce (optional for color)

Fry one onion in the oil and fry kasskasune in it until it is pink in color. Put aside. Peel and slice the rest of the onions and cook in 1½ glasses water, adding salt to taste. When onion is tender, add butter and chick peas and the roasted kasskasune. Bring to a boil. Lower fire and cover pot. Let cook until all water is absorbed. Serve hot.

STUFFED SQUASH WITH YOGURT

8 medium sized zucchini squash
1 cup uncooked rice
½ can chick peas shelled
1 stick butter
2 cups water
1 dash black pepper
½ teas. dry mint leaves
1 clove of crushed garlic

Wash and scrape squash well. Cut tops off. Scoop out with potato peeler. Salt them a little and put aside. Wash rice, add a dash of salt and white pepper, dry mint leaves, chick peas and half of the stick of butter. Mix well. Wash squash from salt and stuff squash half way with rice mixture. Arrange in saucepan. Cover with water. Add the crushed garlic, rest of butter. Cover and bring to a boil. Reduce fire and let simmer until all water is gone. Serve with yogurt. Squash may be hot or cold. Use the pulp of the squash either for an omelet or as a side dish.

BERGHOLE WITH GEBEN

(Coarse cracked wheat with pot cheese)

2 cups very coarse berghole or cracked wheat
½ can chick peas
2 cups water
½ lb. pot cheese
4 medium sized onions
½ stick butter
2 tbs. oil
½ teas. coarse salt

Fry one onion in the oil until golden brown. Add cracked wheat and fry until light pink in color. Put aside. Peel and slice rest of onions and cook in the water until tender, adding salt to taste. Add chick peas, butter, and the roasted berghole. Bring to a boil. Lower fire and let simmer until all water is gone and berghole is fluffy. Add pot cheese when ready to serve. Eat with laban or yogurt.

HOME MADE YOGURT

(*Laban*)

Heat a quart of milk to boiling point. Let cool until lukewarm. Dissolve a small package of cream cheese with a little milk until it is like a paste and mix well into the quart of milk. Let it set overnight at room temperature, then refrigerate. Always leave half a cup of the yogurt to use as a starter for the next yogurt.

HOME MADE LABANÉ OR SYRIAN CREAM CHEESE

Follow the same routine as for laban or yogurt. After it has set, pour into a handkerchief which has been sewn into a bag and tie to the shelf of the refrigerator with a deep dish under it until it is smooth and firm. This should be overnight. This is eaten plain or you may add a little olive oil and paprika and dry mint leaves and roll into small balls.

LABINEYE

(Rice and yogurt soup)

(Serves 4)

1 small bunch swiss chartz
½ cup rice uncooked
3 cups laban or yogurt
2 tbs. oil
1 small onion chopped
1 tooth garlic crushed
1 teas. dry mint
4 cups water

Brown onion in oil, wash chartz very well and chop, add onion, wash rice and add also. Add 4 cups water, salt to taste, bring to a boil, lower fire and let simmer until rice and chartz are tender. It should look like thick soup. Take off fire, crush garlic and mints; add laban and blend in the rice. Serve hot or cold. This is a very good summer dish, and is served with cheese omelet.

SIDE DISHES

LAHM EL AGINE

(Miniature meat pies)

1½ lb. beef (fatty)
½ lb. dough bought from bakery (or pizza dough)
2 medium onions
½ can tomato paste
½ cup temerhendy
juice of ½ lemon

Spread your dough a little thinner than a pie crust, and cut out circles with a juice glass. Meanwhile, mix meat, chopped onion, tomato paste, temerhendy, salt and allspice to taste. Mix well and spread about ½ tablespoon of meat mixture on each circle of dough, pressing the meat down on to dough. Bake in a teflon tray *only,* in 400 degree oven until golden brown. Serve hot. If your bakery doesn't have dough you can keep a supply of unbaked rolls from the supermarket on hand and use as a substitute for the dough. If you prefer to make your own dough, use the following recipe:

1½ cups all purpose flour
½ pkg. dry yeast
½ teas. coarse salt
1 tbs. spry
4 tbs. water

Mix all ingredients and knead well. Let rise.

KEBE NEYE

(Raw kebe)

2 cups very fine berghole (ground wheat)
2 small onions
1 small green pepper
2 large ripe tomatoes
1 teas. camune
4 tbs. oil
2 tbs. chopped parsley
1 cup split red lentils
½ teas. salt
dash or more of ground red pepper

Pick berghole well and place in a large bowl. Don't wash it. Fry one onion in the oil until brown and pour over berghole. Chop the other onion very fine and add to berghole. Add salt, camune, chopped green pepper, hot red pepper, chopped parsley. Peel tomatoes and dice them. Add to other ingredients and mix together. Cover bowl and let stand. Pick and wash lentils. Cook in two cups of water until well done. Pour over berghole mixture. Blend well and let stand for 10 minutes. Shape into patties and serve at once with relish and dips. To make this with meat, instead of lentils, add 1 cup of ground tenderloin and prepare the same way.

RHUBARB AND EGGS

(As a side dish)

(Serves 4)

1 large bunch rhubarb
3 eggs
1 clove crushed garlic
1 tbs. oil
salt to taste
few grains white pepper

Wash and peel off outer skin and dice rhubarb. Brown garlic in oil, add rhubarb, salt, spice, cover and let simmer until eggs are set about 10 minutes. If you don't like your rhubarb sour, add 1 teaspoon sugar when cooking it. You can also serve this dish on toast as an appetizer or entree or a light lunch. The same thing goes for the eggs and tomatoes that follow.

EGGS WITH TOMATOES

(as side dish)

(Serves 4)

1 small can of tomatoes, either stewed or plain
1 small onion
1 tablespoon oil
3 eggs
¼ teas. oregano

If you use the stewed tomatoes, you omit the fried onions. All you do is pour the contents in a saucepan, add 1 teaspoon of oil, let boil, add few grains of salt, mix eggs lightly and add oregano, blend in. Cover and let simmer until eggs are set, if you prefer the plain tomatoes, fry onion until brown, add salt, oregano, blend beating eggs in and cook the same way.

TURNIPS

(as a side dish)

(Serves 4)

4 large turnips
½ can canned chick peas (shelled)
1 tooth garlic
1 tbs. oil
1 cup water
few grains salt
a few grains thyme and a dash of camune

Peel turnips, cut in large dices and boil in water (salted) until tender. Brown garlic and thyme together, add to turnips. Add camune, add chick peas without the liquid. Cover, let simmer 10 more minutes. Serve hot or cold.



EGGPLANT AND CHICK PEAS

(as a side dish)

(for 4)

1 large eggplant
½ can canned chick peas (shelled)
1 small onion
1 tooth garlic
dash of thyme
1 tbs. oil
½ cup water

Dice eggplant, boil in salted water, cook until tender. Brown garlic, onion, and thyme and add to eggplant. Add chick peas, discard water. Cover and let simmer for 10 more minutes.

CAULIFLOWER

(as a side dish)

(Serves 4)

1 medium sized head cauliflower
1 tbs. oil
1 tooth garlic clove
¼ teas. camune
1 tbs. tomato sauce in 2 tbs. of water
juice of ½ lemon

Cut cauliflower from stem into flowerets, wash and boil in salted water, 15 or 20 minutes. They should be almost done. Brown garlic and oil in saucepan, add cauliflower, a dash of white pepper, salt to taste, camune, tomato sauce, cover and let simmer 10 minutes. Add lemon juice and serve hot or cold, garnish with chopped parsley. (Lift cauliflower from water with a perforated spoon.)

FAVA BEANS WITH OIL

2 lbs. fava beans shelled
2 tbs. oil
1 cup water
salt and allspice to taste

Shell beans and wash. Place in saucepan, adding all ingredients and water. Bring to a boil. Lower fire and let simmer until golden brown in color. Leave a little water. This is served as a side dish.

FALAFEL OR FAVAH BEAN FRITTERS

(*Foule*)

2 lbs. Favah beans
2 large onions
¼ teas. salt
1 tbs. camune
1 cup matzo meal or bread crumbs
1 cup water
one bunch chopped parsley
few grains hot ground pepper
2 tbs. oil
2 eggs
few grains allspice
¼ teas. hot pepper

Cook Favah beans as you do foule in oil, using the cup of water, allspice and salt. It should cook for an hour if it is young and tender. When it is done, cool and add 2 tablespoons matzo meal or bread crumbs, the chopped onions, eggs, camune, and hot pepper. Mix and put through grinding machine, add parsley. Form into patties, size of a small burger, dip in egg, then into matzo meal or bread crumbs, fry in deep oil. These are served as hors d'oeuvres. Serve a salad with them.

STRING BEANS IN OIL

(Serving four)

1½ lb. string beans
1 small onion chopped
1 clove minced garlic
2 tbs. oil
2 fresh tomatoes or 2 tbs. tomato sauce
salt, allspice, black pepper to taste

Wash beans well. Take off ends and slice, French style. Brown onion and garlic. Add string beans, tomatoes, spices and ½ cup of water to onion and garlic which has been browned in 2 tablespoons oil. Cook on low fire until tender.

VEGETARIAN EGGPLANT PARMESAN

(*side dish*)

1 medium sized eggplant
2 large fresh tomatoes or the equivalent in canned tomatoes
2 large onions

Slice and wash eggplant, salt it and then fry in deep oil. Arrange a layer of eggplant in saucepan, half of the tomatoes and onion. Repeat a layer of eggplant, onion and tomatoes. Add the spices. Simmer on a low fire for 15 to 20 minutes. This is delicious with beef burger and baked potato.

CALF BRAIN

(Braised in tomato sauce)

1 tbs. oil
1 calf brain
1 small onion
1 can tomato sauce
salt, allspice, and nutmeg to taste

Fry onion in saucepan, and wash and clean brain from the veins and outer skin under cold water. Slice in large chunks and add to fried onion. Add spices and tomato sauce. Cover and let simmer on low fire until well done. This is delicious with rice or any side dish or maza.

OKRA

(*Serves 2*)

1 box frozen okra
1 clove garlic crushed
½ fresh green pepper
salt, allspice to taste
2 tbs. oil
1 large fresh tomato or 2 tbs. tomato sauce
2 tbs. temerhendy or juice of 1 lemon
and 1 tbs. Worcestershire sauce

Brown garlic in oil. Add okra, diced tomato, green pepper, salt and allspice and sauce and cook for 30 minutes. Serve with rice. Use it as a side dish with any meat meal and also with rice.

KREFFSSIYE

(The following recipe is for the stems of the swichard.)

1 small onion
1 clove of garlic
stems of the swichard
few stalks celery
2 tbs. oil
dash of salt
dash of allspice
½ cup water
2 eggs
½ teas. oregano

Kreffssiye is a side dish which is delicious over rice. Wash stems well from sand. Chop fine. Chop few stalks of celery and put aside. Fry one small onion and one clove of garlic in two tablespoons of oil. When browned, add chards and celery, salt to taste and a dash of allspice. Cover and cook on low fire with ½ cup of water until chard and celery are tender. Beat two eggs, add one half teaspoon of oregano and fold into cooked chard. Cover and let simmer for 5 more minutes.

POTATO KNISHES

2 glasses all purpose flour
1 glass smead
1 glass spry or oil if you prefer or crisco
1 teas. salt
2 lbs. potatoes cooked and mashed
2 large onions, sliced and fried
1 cup chicken fat
½ teas. white pepper
¼ teas. cinnamon and salt to taste

After you have boiled the potatoes, browned onion finely chopped in chicken fat, add to mashed potatoes. Add spices, salt, mix well and let cool. Now blend flour, smead and shortening melted, salt, knead well and cut into balls no larger than a walnut. Roll each ball separate as thin as pie-crust. Put a heaping teaspoon of mashed potatoes, spreading it. Roll dough and make it into a pinwheel. Arrange in ungreased tray and bake in 400 degree oven. They can be fried too if you like, they can be frozen, unbaked.

COOKED DRIED APRICOTS

(as a side dish)

½ lb. dried apricots
4 medium sized onions
2 tbs. chick peas
1 tbs. temerhendy
1 cup water
1 tbs. oil
salt and allspice to taste

Wash apricots in cold water and strain. Arrange a layer of onion in a casserole, half of the apricots and add chick peas. Repeat with onion, apricots, salt and allspice to taste. Add water, cover and let simmer on low fire until well done. Watch that apricots do not burn as they dry quickly.

ARTICHOKES WITH OIL

6 large artichokes
2 tbs. oil
1 tbs. lemon juice
1 cup water
salt and white pepper to taste

Remove outer leaves from artichokes until you get to the yellow and tender part. Cut into four sections, clean fuzz off and soak in cold water. When finished, place in a saucepan without water. Add lemon, oil, salt and spice and cup of water. Cover and let simmer for 30 to 40 minutes.

STUFFED CELERY WITH VEAL

(Serves 4)

This dish is especially served as an entree or appetizer. They are good hot or cold. 8 or 12 large stalks of celery. The paskel celery is best for that. Wash them well from sand.

½ lb. ground veal
1 teas. fine bread crumbs
1 tbs. chopped walnuts
juice of ½ lemon
1 tbs. chopped parsley
2 tbs. tomato sauce
1 clove crushed garlic
1 tbs. oil
½ cup water
dash of white pepper
salt to taste

Mix meat with salt, spices, and crumbs, parsley, adding a tablespoon water, stuff celery which you have washed and cut the upper part which is hollow. Arrange in baking casserole, in which you have put oil. Mix lemon juice, water, tomato sauce and crushed garlic and pour over celery. Cover and bake in 300 degrees F. until meat is tender, leaving a little juice in it. Cooking time, about 1 hour.

This is also good served with rice.

SALAGAN—SYRIAN FRANKS

(4 servings)

1 lb. shoulder steak, very lean
¼ lb. shoulder veal, very lean
2 tbs. parsley chopped
1 tbs. water
1 tbs. very fine ground wheat (berghole)
¼ tbs. salt
¼ tbs. allspice (to taste)

There is a mixture of several kinds of Syrian spices, which is delicious for our cooking. It is sold at all our Syrian groceries. Ask for the mixture for Serschicha, and use for the Salagan. Have your butcher grind your meat twice. Add all the ingredients and mix well with one tablespoon water. Separate meat into as many balls as you get, the size of a golf ball. Take a skewer, rinse it in cold water and shape the meat into a frankfurterlike shape, arrange it in a tray. They are best broiled, but you can also bake them with fresh tomatoes, pepper, and eggplant, like the meat in the tray.

Serve them on frankfurter rolls or Syrian bread with any kind of Salata, foule in oil, as a side dish.

STUFFED FILLA IN MEAT

1 lb. filla
1 lb. ground beef or veal
2 tbs. chopped walnuts
2 tbs. sesame seeds
½ cup melted spry
salt to taste, a dash of allspice, cinnamon, nutmeg or ground cloves
2 tbs. oil

The filla is made of dough as thin as tissue paper and is shaped as large as a man's kerchief. Open the filla and cut all the sheets together in 2 sections. You have now 2 wide strips. Put them all together, have the melted spry and a pastry brush, fold over each sheet, brush top of sheets strip with spry. Put 1 teaspoon of filling at the far end nearest you. Take hold of end of strip with left hand and fold over filling. Now you have a triangle. Fold again toward you and so forth, until you finish folding strip. If you fold the first corner right, it will fold itself as you turn it. Arrange in baking tray, when you finish, brush them all with the remaining spry and sprinkle with sesame seeds. Bake in 400 degrees F. oven, until light gold in color. About 20 minutes. Yields 30.

Filling on page 116.

BEEF BURGER

(Syrian style)

(Serves 4)

1½ lb. ground beef shoulder steak or tenderloin
1 small onion chopped
few stems of parsley chopped, about ½ of bunch
1 tbs. very fine berghole
¼ teas. salt
¼ teas. allspice
1 tbs. water

Have your butcher grind your meat fine, add salt to taste, add allspice, berghole, chopped onion, chopped parsley. Blend well together with water. Shape into large burger, the size of the burger roll. This is served with fried eggplant, French fried potatoes and salata.

HASHU

(*Filling*)

Prepare filling by browning onions until golden brown, add chopped meat and let simmer uncovered, in a large frying pan. Mixing it once in a while, keep cooking it and mixing it until all water is gone, and meat is tender. Let cool, add spice, cinnamon, walnuts.

OMELETS

OMELETS

(Syrian style)

We fry our omelets in individual rounds of 1½ tablespoons contents in frying pan, browning them on both sides, and placing them on paper towels in plate, to absorb whatever oil there is in them. You can also fry the whole omelet, but we don't fold it in half a moon. We turn it completely over when the bottom is browned, and cut it in squares.

MIDGET MEAT OMELETS

¾ lb. ground beef or veal or half and half, it's a matter of what you like better
1 small size onion
few sprigs parsley
salt and allspice to taste
6 eggs
1 tbs. fine bread crumbs

Place meat in a deep dish, add salt, allspice, breadcrumbs, chopped onion, chopped parsley and eggs. Mix very well, add 1 teaspoon cold water; it makes it fluffy. Heat oil in a frying pan. You should have ½ inch of oil in your pan, no matter what size it is. Drop meat mixtures in a tablespoon. 1½ spoons for each omelet. Serve this with any of the salads in this book, and fried eggplants with it or fried potatoes.

PARSLEY OMELET

(Serves 4)

Parsley omelet does not absorb as much oil as the meat. For frying you need only ½ cup of oil, and for baking just cover the bottom of pan.

1 bunch parsley, medium size
1 small onion
6 eggs
salt and allspice to taste
1 tbs. fine bread crumbs

Wash parsley thoroughly and chop very fine. Add bread-crumbs, salt, allspice, chopped onion and eggs. Fry or bake as you please. This omelet is good only hot. Yogurt goes very well with this omelet.

EGGPLANT OMELET

(Serves 4)

1 medium size eggplant
1 small onion
1 teas. very fine bread crumbs
4 eggs
salt and allspice to taste
½ cup oil

Peel and cube eggplant very fine, add salt, spice, chopped onion, bread crumbs, fold in eggs and mix well. Fry. Serve hot only. Sliced tomatoes are good with this omelet. Also sliced cucumbers.

ARTICHOKES OMELET

(Serves 4)

4 medium artichokes fresh
1 small onion chopped
4 eggs
1 teas. fine bread crumbs
salt and allspice to taste

Wash and remove leaves until you get to the yellow leaves or tender part of the artichokes. Cut in quarters and scoop out fuzz, chop fine, add all ingredients, beat in eggs and fry. Good only hot.

SQUASH OMELET

(Serves 4)

2 large green squash
1 small onion, chopped fine
4 eggs
1 teas. bread crumbs
salt and white pepper to taste

Wash, peel and dice squash very fine or grate, if squash is seedy, dice and grate outer side only, discarding the seedy center. Salt and set aside for 10 minutes. Squeeze water out, add all ingredients, beat well and fry, either individual rounds or whole. Good only hot, serve yogurt or salad with it.

MUSHROOM OMELET

(Serves 4)

1 lb. fresh mushrooms or equal that in cans
1 small onion chopped
4 or 5 eggs
salt and allspice to taste

Dice mushrooms, if fresh clean and wash well. Add onion, salt and spice, fold in eggs and fry. Good only hot. Serve with a Syrian salata or tossed salad.

TRUFFLES OMELET

(*Serves 4*)

1 small size can truffles
1 small onion chopped
4 eggs
salt and allspice to taste

Wash truffles well, they are very sandy, even in cans. Slice flat, not too thin. Add chopped onion, salt and allspice, fold in eggs and fry. Good hot only. Serve with salata.

VEGETABLE OMELET

(Serves 4)

1 heaping tbs. chopped parsley
½ head lettuce shredded
few leaves romanie lettuce chopped
few stalks of celery leaves only
5 eggs
few leaves escarole shredded
1 small chopped onion
1 tbs. bread crumbs
salt and allspice to taste

Combine all shredded vegetables, add onion, salt, allspice, bread crumbs, fold in eggs, mix well, fry. Good only hot. Serve with any kind of salata and French fries or potato chips.

CALF BRAIN OMELET

(Serves 4)

1 calf brain
1 very small onion
1 tbs. fine bread crumbs
salt to taste
dash of allspice
4 eggs

Wash brain in cold water and take out all red veins and outer skin. Put on meat board and chop fine. Add salt, allspice, chopped onion, fold in eggs, beat well and fry. Good hot only. Serve with salad, fried eggplant and French fries.

CHEESE OMELET

(*Serves 4*)

½ lb. any cheese
5 eggs
1 tbs. bread crumbs

Grate cheese, add salt. Mix eggs, beat well and fry. Good hot only. Serve laban, and cucumbers and tomato slices.

CHEESE AND SQUASH OMELET

(*Serves 4*)

1 large green squash
½ cup grated cheese
1 tbs. fine breadcrumbs
5 eggs
salt to taste

Wash, peel and dice or grate squash. Add salt, cheese, fold in eggs and mix well. Fry. Good only hot. Serve with laban or yogurt.

CHEDDAR CHEESE SOUFFLE

(*Serves 4*)

4 tbs. butter or margarine
4 tbs. flour
¼ teas. salt
1¼ cups milk
Cook: 3 minutes
1 teas. minced onion
few grains cayenne
Heat: until blended smooth
5 egg yolks
5 egg whites
Oven temperature: 375 degrees
One cup grated cheddar cheese. Bake: 1 hour

Ready a straight-sided souffle dish (2 qts.) by greasing. In a saucepan melt the butter or margarine, stir in the flour and salt. Gradually blend in the milk. Cook, stirring until smooth and thick. Add the grated cheese, and few grains of cayenne and heat until cheese is melted into the sauce. In a bowl beat the egg yolks until light and lemon-colored. Whisk beaten yolks into cooked mixture. In a large bowl beat the egg whites until they hold soft peaks. Fold in the egg yolk mixture carefully, with a cut and fold motion, until well blended. Do not stir or souffle will lose volume. Transfer to prepared souffle dish. Bake in a moderately hot oven—300 degrees for one hour, until puffed and brown. Serve at once.

EGGPLANT PICKLES

(for 2 quart jar)

4 lb. very small eggplants, the size of small pickling cucumbers
1 small head garlic, crushed
¾ cup coarse salt
1 cup vinegar (red or white)
2 stems celery chopped or one cup
a green hot pepper or ⅛ teas. of ground red pepper

Wash eggplant well from sand, peel (don't cut) off stem, soak in cold water. Meanwhile, have boiling 4 quarts of water in large pail or pot. When water starts to boil rapidly, put eggplants in water. Cover top of pot with a clean dish towel, so eggplant will get even boiling. Let boil 10 minutes, put under cold water, take out right away and spread them on platter or tray to completely cool. Dissolve salt in 2 cups hot water adding vinegar, crush your garlic. Arrange eggplant in wide mouth jar putting crushed garlic between each layer and a few chopped celery pieces and before last layer add hot pepper. Cover with the salted water and leave at room temperature 48 hours, then put in very cool closet or refrigerator. When you serve, cut lengthwise and quarters.

TURNIP PICKLES

4 lb. small tender turnips
1 small head garlic
1 cup vinegar
1 small fresh beet
¾ cup coarse salt
½ cup diced celery
¼ fresh hot pepper, or—
⅛ teas. ground hot pepper

Wash turnips well, cut in quarters and put in cold water. Melt salt in 2 cups of hot water, adding vinegar. Put turnips in jar. As you put a layer, put a little of the crushed garlic and diced celery. Half way up put peeled fresh beet and hot pepper. Finish all, cover with water after you have added salted water, cover and put in room temperature for 4 days and then in very cool closet or refrigerator.

CAULIFLOWER PICKLES

(in 2 quart jar)

1 large head cauliflower
½ head garlic, crushed
1 small fresh beet
2 tbs. diced celery
3 tbs. vinegar
½ cup coarse salt
hot pepper, fresh or ground as in the other pickles

Wash cauliflower, cut each floweret, put in jar as turnips alternating with garlic, celery and hot pepper. Add salt water, cover with rest of water and put at room temperature for 48 hours, then put in very cool place or in refrigerator. You can also pickle cabbage the same way. Either the white or red kind, you can either pickle them shredded or in chunks.

STUFFED PEPPER PICKLES

8 large thick peppers
½ head shredded cabbage (white or red)
1 head garlic crushed
4 tbs. vinegar
½ cup coarse salt
⅛ teas. ground hot pepper
2 carrots, grated

Wash cabbage well from sand. Shred cabbage and carrots, put aside. Wash peppers, cut off top, just where the core is. Cut it evenly because you are going to put it back on. Wash seeds off, mix cabbage and carrots, half of the crushed garlic and hot pepper and stuff green pepper tightly. Cover with top you took off. Tie with white sewing thread, put in large mouth jar, add remaining garlic, pepper, salted water and vinegar. Cover with water and put at room temperature for 48 hours and then in very cool place or refrigerator. When you serve them, you take off thread and top. Cut in quarters and serve.

GREEN TOMATO PICKLES

3 lb. green tomato or more, depending how much you like them
1 small head garlic crushed
½ cup diced celery
hot pepper as in the other pickles
3 tbs. vinegar
½ cup coarse salt

Wash tomatoes, slit on top and put in jar. Add garlic, celery, vinegar and salt and water, hot pepper, add water to top. Cover and put at room temperature for 3 days and then in very cool place or refrigerator.

GREEN PEPPER PICKLES

4 lb. green thick peppers
1 head garlic crushed
¾ cup coarse salt
4 tbs. vinegar
½ cup diced celery
hot ground or fresh peppers

Wash peppers well. Cut in quarters and put in jar, adding garlic, vinegar, celery and hot pepper as in others. Add salted water. Cover with rest of water and put at room temperature for 24 hours and then in very cool place or refrigerator. (I add one tablespoon of olive oil to these green peppers.) It's delicious. You add oil when you have put half of the peppers in jar, and when you cover it tightly, shake it well.

TRUFFLES AND MUSHROOMS

(*as hors d'oeuvres*)

One can of either truffles or mushrooms. The size depending on how many you are going to serve. Truffles do not come in a small can like the mushrooms, but no matter, as neither spoil prepared this way. You can always put it in a jar in the refrigerator and serve it again and again.

Open can and wash away all sand and strain well. If you use truffles, slice them in flat round slices. If you use small button mushrooms, leave as is but if large mushrooms, slice either in half or quarters, depending on size. Add a mixture of olive oil, lemon juice, salt, and allspice, and chopped parsley as a garnish on top.

CANDIED EGGPLANT

(*Helou*)

We serve these candied dishes instead of candy. They are delicious.

4 lb. very tiny eggplant. They should be no larger than Brazil nuts and black in color.
4 glasses sugar
4 glasses water
½ teas. lemon juice
1 teas. whole cloves
¼ teas. ground nutmeg

Wash eggplants well from sand. Peel off stems by hand so as not to cut into eggplant. Prick each eggplant with a fork in couple of places, and blanch them for 3 min. Now cook the water and sugar syrup until it is nice and thick. Make it thicker than for other helou. Add whole cloves when it is half way done. Add nutmeg and lemon juice. Strain eggplants from water well, and then add to the syrup. Mix, bring to a boil and take off fire. Let it stand 24 hours, and strain eggplant from syrup, which has become thin. Add a glass of sugar to the syrup and boil until it becomes as thick as the first time. Add eggplant, cool and store in jars and put in a cool place.

CANDIED APRICOTS

(Helou)

1 lb. fancy apricots
½ lb. shelled pistachio nuts
1½ cups confectioners' sugar
2 tbs. water
¼ teas. rose water
¼ teas. lemon juice

Wash apricots, drain and grind them in the meat grinder or whatever you have. Put them in a deep saucepan, add sugar, water, and let simmer on low fire, as low as you can make it, stirring it now and then. When all water has dried and apricots look glazed, about 1 hour of cooking should be enough. Add pistachio nuts. Mix well and remove from fire and pour it in a large plate or platter. It should be ¼ inch thick. Let cool and leave in plate 24 hours or more. Cut in small squares and put in a covered jar in a cool place. All these candied fruits can be served with either cordials or Scotch. Please cook apricot on a flame triculator tamer as apricot burns very rapidly. You can buy the triculator from Macy's or any hardware store.

CANDIED GRAPEFRUIT SHELL

(*Helou*)

4 large very thick grapefruit shells
2 glasses sugar
1 glass water
½ teas. rose water
12 whole cloves

Wash grapefruits and grate the shell very slightly all around on the finest side of the grater. Cut grapefruit in sections, one inch wide each, place in deep bowl and let cold water run over them for several hours, until all bitterness is gone from shell. You can tell by tasting. Meanwhile make a syrup and cook until it is nice and thick, adding just one squeeze of lemon juice when it starts boiling and adding whole cloves; when syrup is half done, when syrup is thick, add shells. Cook about 15 minutes on low fire, until they are glazed. Take off fire, add rose water and cool. When cold put in jar in a cool place.

CANDIED COCONUT

(*Helou*)

1 large coconut or buy ready packed coconuts
1 cup sugar
1 cup water
a drop or two rose water
½ cup blanched and shelled pistachio nuts

Shell and wash coconut, grate it fine and put aside. Cook syrup until thick and sticky, add just one drop lemon juice, add rose water, while still boiling. A minute before it is completely done, add shredded coconut. Mix well and take off fire and cool. You can either grate or shred coconut. When cold put in jar and keep in refrigerator. When you serve it, sprinkle with shelled pistachio nuts.

CHOCOLATE PECAN CORNUCOPIAS

2 sticks pie crust mix
¼ cup sugar
1 tbs. instant coffee powder
dash salt
1 cup whipping cream
⅓ cup chopped pecans
½ cup grated sweet baking chocolate

Prepare pastry according to package directions. Roll to a 12 x 16 in. rectangle. Cut into twelve 4 inch squares with pastry wheel. Overlap each to form a cone. For each, fold a paper towel in quarters; shape into a cone. Insert in pastry cornucopias. Place on baking sheet; bake in hot oven (425 deg.) about 12 minutes, till golden brown. Remove paper toweling; cool cornucopias on rack. Meanwhile, combine sugar, coffee powder, salt and a little of the cream; stir till blended. Add remaining cream; chill. Whip till stiff. Fold in pecans and chocolate. Spoon into cornucopias. Garnish with pecan halves. Makes 12 servings.

CREAM CHEESE AND BUTTER CRESCENTS

1 lb. cream cheese
1 lb. sweet butter
4 glasses flour
4 eggs, the yolk only (save the white to brush crescents with)
4 tbs. sugar
½ lb. walnuts cut fine
½ box white seedless raisins
1 teas. cinnamon mixed in 2 tbs. sugar

Prepare your flour, have butter and cream cheese at room temperature until they are soft. Blend them into the flour well. Add sugar and egg yolks. Blend in and knead well for 10 minutes. Put in refrigerator, wrapped in wax paper overnight. Have your walnuts chopped fine, add sugar, cinnamon, and raisins. Put aside. When you are ready to make them, take out dough from refrigerator and leave in room temperature for 1 hour. Spread out each round as thin as pie crust, thinner if you can. Spread nuts mixture and cut first in half, then in quarters, then in eighths. You should have 16 triangles. Now roll from wide top side until you get to the thin point. Shape into crescents. When you have finished, add a dash of cinnamon to the white of the eggs, beat lightly and brush tops of crescents. Bake in trays that are greased with butter and flour in a 400 degree oven until they are pink in color. They can be frozen baked or unbaked. When baked keep in cool place. I prefer to freeze them and bake them fresh, whenever I need them. (Divide in 6 small loaves.)

DATE AND WALNUT CRESCENTS

2 glasses all purpose flour
1 glass smead
1 glass melted butter, sweet
1 lb. dates
1 cup finely chopped walnuts
1 teas. cinnamon
1 teas. grated orange rind or tangerine when in season
¾ glass of water
(Yields 40 or more)

Wash and make sure there is not a pit in dates. Grind dates in grinding machine. If you don't have a grinding machine, cut dates fine with a knife, then cook for 30 minutes. Put aside to cool. Now blend flour, smead and shortening, add water and knead all together for a minute, make 3 or 4 balls, divide in, spread each ball out as thin as pie. Don't open them on floured board. This dough does not need flour to spread. Add your chopped nuts, cinnamon, orange rinds to the dates, and mix well, and spread evenly on opened dough. Cut in triangles, rolling wide side down and shape. Bake in 400 degree oven for 20 minutes. When cool, sprinkle generously with confectionery sugar.

STUFFED KNAFFEYE

(Ricotta stuffed shredded wheat)

(You can buy shredded wheat from Atlantic Ave. This is not the cereal shredded wheat.)

1 lb. knaffeye—shredded wheat
1½ lb. ricotta
½ teas. cinnamon
1½ sticks sweet butter, melted
2 cups sugar and 1 cup water for syrup

When you buy ricotta, make sure it is fresh and also the Knaffeye. Line a pie plate with half of the Knaffeye. Pour half of the melted butter and spread ricotta on Knaffeye, smoothing it evenly like you would a pie filling, more in the middle. Cover with rest of Knaffeye and pour rest of butter over with silver foil. Bake in preheated 400 degree oven until Knaffeye is pink in color. Cool, make a syrup from the sugar and water, until thick. And pour over Knaffeye. This is a delicacy for tea or coffee when you have company.

(Bake and cover with silver foil until bottom is well done dark pink in color—uncover and place under broiler for a few seconds, watching it till top is pink and then sprinkle with cinnamon when served.)

MANDEL-BREAD

3 eight-ounce glasses of flour
1 eight-ounce glass of oil
1 eight-ounce glass of sugar
3 teas. baking powder
½ teas. vanilla
1 cup ground walnuts
6 eggs
juice and rind of one orange

Beat eggs 3 minutes, add sugar, beat 3 minutes, add oil, vanilla, and baking powder. Gradually add flour and juice and rind, blend well. Add nuts and mix for a minute. Pour in baking sheet, making 3 narrow strips. Bake in a 400 degree oven for 15 minutes. Cut while hot in narrow strips and bake for another 15 minutes or until they are nice and crisp. Cool and store in cooking jar.



STUFFED FILLA IN CHEESE

(*Emweraa*)

1 lb. filla
3 sticks butter, sweet or salty, melted
1½ lb. any grating cheese
½ lb. farmer cheese
4 eggs
¼ teas. salt
½ cup sesame

Open filla, cut in 3 lengthwise strips. Fold each strip in half, brush with butter, with a pastry brush. Before you do this, mix your grated cheese with farmer cheese, salt to taste, blend in your eggs, mix well. Now take 1 teaspoon cheese filling and put on filla on the end nearest you. Hold corner and fold over cheese and keep folding, forming a triangle until all strip is folded. Arrange in tray. When tray is full, brush butter on all of them generously and sprinkle the sesame. Bake in 400 degree F. oven for 20 minutes, if frozen, 30 minutes. They can be frozen for at least 2 months, unbaked. Serve hot with tea or coffee or as a midnight snack with milk.

STUFFED PANCAKE WITH NUTS

(Etaayeff)

2 cups Aunt Jemima pancake flour (white)
2½ cups water
½ lb. ground walnuts shelled
½ cup sugar
½ teas. cinnamon
1 teas. light flavor rose water

Mix walnuts (ground) with sugar, cinnamon, and rose water. Put aside. Make your pancake on one side only, and make them the size of a coffee cup rim. Put on towel near you, and as you go along cooking the pancake, you must stuff the ones that are made, before they get too dry and cool. As you stuff them, close them by pressing ends together hard. That is why they must be a little warm. You can freeze them, and when you are ready to serve them, fry in a deep oil until golden brown. Fire should be high. Pour pancake syrup on them. They could be hot or cold when served with tea or coffee. You can also fill them the same way with ricotta. Don't add sugar or cinnamon to ricotta. With ricotta-filled pancake, use the white Karo syrup.

KRABEEGE

(Dough balls filled with nuts)

2 glasses all purpose flour
1 glass smead
1 glass melted (sweet) butter or margarine
½ lb. shelled walnuts, ground coarsely
1 teas. rose water
½ cup sugar
½ teas. cinnamon
1 jar fluff
¾ glass water

Mix flour and smead together, blend in butter well, blend in water and mix well. Until pan is clean, put aside. Now add to your ground walnuts, sugar, cinnamon, rose water and mix well. Cut your dough with your hand in pieces the size of a walnut. Round it out between your two palms, make a deep dent, as you do in small Kebe, stuff it with nuts, and close it just as you do Kebe. Bake in 400 degree F. oven for 20 minutes. When cool, dip in marshmallow and serve or spoon out fluff, cover top of cookie, and sprinkle with cinnamon. These can be frozen, either baked or unbaked, and you can also bake them all and put in cookie jar in a cool place, adding fluff only when you are ready to serve. You can fill with shelled and ground pistachio nuts instead of walnuts, if you like.

MAAMOULE

(Are like Krabeege, only instead of marshmallows, you dip them in powdered sugar)

1½ glasses all purpose flour
1½ glasses smead
½ lb. shelled walnuts ground
1 glass melted butter or margarine
1 teas. rose water
½ cup sugar
½ teas. cinnamon
¾ glass water

This dough and filling is just like krabeege. You also make them the same way, only a little larger, and after you close them, you take a clean eyebrow tweezer and make a design all around the maamoule. When baked, you sprinkle lavishly with confectionery sugar. On Atlantic Avenue, Brooklyn, in all the Oriental stores, you will find a gadget especially made for this purpose. Wooden ones, brass ones, they are shaped like a giant eyebrow tweezer, and they will show you how it is used.

SEMBUSSAK WITH JEBNE

(Cheese-filled turnover)

(Dough)

(Yields 30 or more)

1 glass smead
2 glasses all purpose flour
1 glass melted butter or margarine, if you like
½ cup or more simsome
½ teas. salt
¾ glass water or less
4 eggs
2 lbs. grating cheese

Mix flour and smead together, add salt, add butter, mix well. Add water, mix until pan is clean, that is, flour does not stick to pan. Put aside. Blend eggs in cheese. If you use sweet cheese use salt to taste, about ¼ teaspoon. If cheese is salty, omit salt. Blend well. It should be thick, not thin. If you find it thin, add a little more cheese. Divide dough into 3 balls, spread dough. You don't need floured board. Cut out with cup. Now take a teaspoon of cheese mixture and put in center of dough that you just cut out, fold and press ends together with thumb and forefinger. Flute if you can, it is not important. Dip it in simsome, and arrange in baking trays. You can freeze these as long as 6 months, unbaked. When you are ready to bake them, you don't have to defrost them. Bake them in an ungreased tray, 400 degree oven, for 30 minutes if frozen, 20 minutes if freshly made. They should be pink in color.

GHREYBEE

(Sweet bracelets)

3 glasses all purpose flour
1 glass sugar
1 glass sweet butter, after you clear top of butter
30 shelled pistachio nuts, blanched and shelled. Make sure the pistachio nuts are dry

Mix flour and sugar well, add melted butter while it is hot. Blend well, cover and let stand 20 minutes. Knead it until it is smooth and pliable. Take a piece the size of a walnut and roll it softly with both your palms. Take both ends and lap one over the other and seal with a pistachio nut. If you find that they are breaking, it could be that the temperature of the room is too hot. Make them in a cool spot. When finished, bake in a 300 degree oven which you have preheated at 400 degrees and bake them for 10 minutes. Don't remove from tray until completely cool. Keep in cool place. These can be frozen after they are baked, but arrange them very gently, as they break easily. A can or a box is best to store them in. If you have a mixing machine, blend sugar and butter first, adding flour gradually. Blend for 15 minutes. Let it cool from machine and start making it.

KAAEK

(*Bracelet cookies*)

1 bag flour—2 lb. all purpose flour
¾ glass melted spry or oil
1 yeast cake—fresh-dry yeast won't do
1 tbs. yanssoune
1 tbs. coarse salt
12 seeds mahlab crushed very fine
a dash of Camune
a dash of Kezebra or thyme
1 glass water—if you find it dry add tbs. at a time
1 egg
1 cup sesame seeds
beat egg lightly with one tbs. water
(Yields 90 or 100)

These are like any cookies. If kept in a tightly closed can, they stay crispy and fresh, until the last one, and last a long time. They are delicious with tea, coffee and soft drinks. Pour flour in deep large pan, make a well in center, put salt and yeast and pour ½ cup warm water. Let stand until salt has melted and yeast is dissolved, about 5 minutes. Now wash yanssoune in a tea strainer because it is very sandy. Sprinkle over flour, add Cemune, Kezebra, and mahlab. Make sure it is finely crushed. You can put it in a piece of cloth and hammer it fine. Add melted spry or oil, mix well, add water and knead for about 15 minutes. The dough should be soft, not hard. Keep kneading until you see basin is clean like, that is, dough does not stick to it. Cover in a clean towel and let rise in a warm place. When it doubles in size, take a large piece at a time, roll it into a long thin loaf, and cut with a knife into small sections. The size should be 2 inches long and 1 inch thick. Roll these pieces each at a time to 4 inches long, take both ends and lap one on the other and press to close. Now you have a bracelet. Hold it

lightly. Dip it just in the egg, then in the sesame seeds, and put in ungreased tray and arrange them in even rows until you finish all the dough. Heat your oven for 10 minutes at 400 degree F. and bake first tray prepared first, until they are light pink in color. Bake them all, and put them back in the deep pan that you kneaded in. Lower your oven as low as possible and put back the kaaek for 15 more minutes. Take out and cool before you put away.

BAAKLAWA

(*Nut-filled pastry*)

1 lb. filla
1 lb. fine ground walnuts (1 lb. after it is shelled)
1 lb. sweet butter
2 cups sugar
½ teas. rose water
1 cup water
½ cup sugar
½ teas. cinnamon

Make your syrup with the 2 cups sugar and 1 cup water, adding 2 drops of lemon juice when syrup starts to boil. Make syrup thick, add ½ teaspoon rose water. When you take off fire, put aside. Chop fine nuts, add the ½ cup sugar, ½ teaspoon cinnamon and ½ teaspoon rose water. Mix well and put aside. Melt butter and grease a 2 inch deep round tray—size 10 inches all around. Open filla sheets and cut them on the width side in half. Take every two sheets fold to fit tray, brushing them with butter as you line the tray. Keep repeating until you have finished half of the sheets, that is, ½ lb. Now spread all the nuts evenly and smoothly. Sprinkle a few drops of butter and repeat lining

with the rest of filla, never skip brushing every two sheets. When you have finished, moisten ends with butter and push in with a fork until you have a smooth edge all around, like a pie edge. Pour a little of the butter to moisten top. With a very sharp knife cut into diamond shaped pieces. Pour rest of butter and bake in a preheated oven—300 degrees F., having lowered fire as low as it can go. Put tray 3 racks above fire (200 degrees F.), for 2 hours. The color should be a pretty pink shade when finished. Make sure the heat is at its lowest, and never less than 2 hours of baking. Whether you are making a pound tray or 2 lb. tray. When it is cool, pour syrup over it and serve. This can be kept in the frigidaire for several weeks. Serve with tea or coffee.

STUFFED PANCAKE WITH RICOTTA

2 cups Aunt Jemima pancake flour (white)
2½ cups water
1½ lb. ricotta
½ teas. cinnamon
½ cup sugar

Make sure ricotta is fresh. Make your pancake the same way as the walnuts stuffed pancake and fill with ricotta instead of walnuts. These, too, you can freeze unfried. You can serve these either with syrup or make a mixture of ½ cup sugar and 1 teaspoon cinnamon. Mix well and sprinkle on stuffed pancakes after you fry them. Never fry pancake in butter. You can bake them in butter if you like.

STUFFED LADY FINGERS

½ lb. filla
2 cups fine chopped walnuts
½ cup sugar
½ teas. cinnamon
1 teas. rose water
1 cup sugar
½ cup water
½ lb. sweet butter

Make your syrup as you do in baaklawa. You can make any amount of syrup, and put in a jar in a cool place, because it lasts indefinitely and can be used on many pastries. Mix walnuts with sugar, cinnamon, open filla sheets and cut all together in 3 strips. Melt butter and brush whole strips. Put 1 teaspoon filling, fold both sides over and roll tight, and arrange in greased tray. When you have finished, pour rest of butter all over them, and bake in a preheated 400 degree oven for 30 minutes. Color must be deep pink. When cool, pour syrup and serve, for tea or coffee. You can stuff them with ricotta in the same way.

MAMONIYE

(with smead or farina)

Smead is the Syrian name for farina or semolina.

½ cup smead
3 cups water
½ cup sugar
1 stick sweet butter
¼ teas. cinnamon

Have your water and sugar cooking on low fire. Meanwhile melt half of the stick of butter in a deep saucepan, big enough to cook the farina in. Make sure fire is very low when melting butter, as it must not get brown. Roast farina in butter. Keep stirring, so as not to let it get brown. Roast it for 5 minutes. Now take syrup and slowly blend into the farina very slowly, stirring all the time. When it starts to thicken, pour it in a deep plate and mix the rest of the butter in it. Garnish with cinnamon and serve hot. This is served at breakfast or brunch and is eaten with fresh rolls.

RIZ EL HALIB

(Syrian rice pudding)

(Serves 4)

This pudding, too, stays good for a week, so you can double this recipe if you like.

½ glass rice
¾ quart milk
1 cup water
3 tbs. sugar
¼ teas. cinnamon

Wash rice in several water rinses, and cook in deep saucepan in the cup of water. When water is almost dried (don't let it all dry), add milk and sugar, bring to a boil, lower fire and let simmer until rice is done and it thickens, but not too dry. Pour into saucers and sprinkle with cinnamon. Let cool and put in refrigerator. We eat this for breakfast.

ALMAZIYE

(Starch pudding)

This is like jello and it can stand in refrigerator one week. This recipe is large, but if you don't want it to last that long, make half. It is very refreshing in the summer time and very good.

1 glass cooking starch, to be mixed in 1 glass cold water
8 glasses water to boil
1½ glasses sugar
½ teas. rose water
½ cup fine chopped walnuts and a dash of cinnamon (or you can use pistachio nuts)

Put 8 glasses of water to boil in a large pot. Add sugar. When water starts to boil, make a smooth paste of the starch in 1 glass of water. This glass of water is besides the 8 glasses. Add slowly to boiling water, stirring all the time. Lower fire as much as you can, and let cook for 2 hours, stirring it once in a while. When the cooking time is up, take off fire, add rose water, mix and pour into a large jello mold, or a deep tray. Let cool and put in refrigerator. Of course, if you have space, you can also pour some in individual molds and color some of them in vegetable coloring. Garnish with nuts and cinnamon when you unmold it.

PARTY JELLO TIERS

(Serving 25 or more)

20 boxes jello or cojell, 5 of each color
1 2½ size can of pineapple round slices
2 2½ size can of fruits for salads, never fruits
1 2½ size can of whole apricots (cocktails)
1 cup of walnut halves

This size jello I usually make in a large roaster, the one you make turkey in, unless you have a large, very deep tray, an oval shape, so a roaster is just fine. Drain fruits from its juice, so jello won't be too sweet, unless you like it that sweet. Then measure syrup, take roaster and line it with pineapples and make any design you like with them. Place whole apricot in pineapple hole, take out pit, dissolve jello in water, following directions on box. Only put a little less water, as fruit sheds a little water. I'd say 1¾ cups of water to a box, instead of 2 cups. Make 5 boxes of one color to a layer, pour and put jello in frigidaire. It takes about 2 hours to jell for each layer of this size, the next layer you put 1 can of fruits for salads, repeating again for the next layer. With each layer you scatter a few walnut halves. Make sure you rinse your mold and leave it wet before you make your jello. To unmold insert a knife all around the mold and turn over on a tray. Leave for a few minutes and it will unmold. Never use hot water to unmold.

SYRIAN HOMEMADE BREAD

2 lb. all purpose flour
1 pkg. fresh yeast
3 teas. coarse salt
3 cups lukewarm water

Pour flour in deep large pan. Make a well in middle of flour, put salt, ½ cup lukewarm water from the 3 cups measure. Add yeast, let stand 5 minutes. Now mix yeast and salt well, and blend in flour thoroughly. Add water and mix all together and knead well, turning mixture and kneading with back of your hand for about 10 minutes, or until the dough does not stick to the pan. Do not be alarmed if at first the dough looks sticky and messy. Keep kneading until you notice the dough is getting elasticlike. Cover with a clean dish towel and let rise to double its size. On a floured board and a little flour in plate to dip your hands into, make balls out of the dough the size of a burger roll until you finish all dough. Spread each roll with a rolling pin, making them the size of a 6 inch pie. Let stand in baking trays 10 minutes after you have finished. Bake in a preheated 400 degree oven until they have puffed up, and are light pink in color. Yields one dozen or more. After they cool, you can freeze them. This bread is delicious with our omelets and especially for kababs and barbecued meats.



PASSOVER ROLLS

2 cups matzo meal
¼ teas. salt
1 tbs. sugar
1 cup water
¼ cup oil
4 eggs

Combine matzo meal, salt and sugar, bring oil and water to a boil. Add to matzo meal mixture and mix well, beat in eggs and shape in rolls—let stand 15 minutes, and bake in 375 degree oven for 50 minutes.

"BREAD BASKET" TO SERVE ENTREE IN

Buy sliced white bread from bakery. Cut crust off, spread spry on one side. Place in muffin tray, buttered side down. Brown in 400 degree oven until pink in color. They freeze well, so make as much as you like and put away.

Serve sweetbreads and mushrooms in them. Chicken fricassee, etc.

BASIC POPOVER RECIPE

No butter melting, no flour-sifting, just 2 minutes of mixing.

1 cup milk
⅞ cup unsifted all purpose flour (measure 1 full cup and remove 2 tbs. flour to equal ⅞ of a cup)
1 tbs. cooking oil
½ teas. salt
2 eggs

Combine 1 cup milk, ⅞ cup unsifted all purpose flour, 1 tablespoon cooking oil, and ½ teaspoon salt. Beat with an electric beater set on high speed for 1 minute. Add 2 eggs, one at a time, beating 20 seconds after adding each egg. Grease well 8 (5 oz.) muffin tins or 8 (5 oz.) custard cups. Fill cups ⅔ full. Set in a cold oven. Turn heat to 425 degrees. Bake 35 minutes, or until puffed and golden brown. Remove from oven and let stand a few minutes, then remove from pan. Makes 8 popovers.

SHROAB EL LOZ

(Cool drink made from almonds)

2 lbs. shelled almonds
2 lbs. sugar
1 glass water
1 tbs. rose water

Wash almonds well in cold water and boil 10 to 15 minutes, put under cold water and peel skin off and soak in clean cold water, when finished. Put through a blender or a fine grinder, put aside, in a deep saucepan, cook your syrup until it starts to boil. Add almonds, lower fire and cook slowly for 2 hours, adding rose water when you take it off fire. Let cool and put in jars. Keep in frigidaire. When you are ready to serve it, mix it with ice cubes and water. It is like a soft drink. You make it as sweet as your taste. Place saucepan on a flame triculator tamer, which you can buy from any hardware store.



DEMITASSE TURKISH COFFEE

To make demitasse, as afterdinner coffee, you must have a brass uncovered pitcherlike pot with a handle, bought at any Oriental store or at the Bazaar Française on Sixth Avenue, New York City. They come in all sizes, from 4, 6, 8, 10, 12 cups. The 4-cup size will make 5 or more. If you fill it to the top you will find it hard to mix sugar and coffee when it is full. After water has boiled, pour a little water in an empty cup, and add it back after having mixed it.

1½ teas. sugar
2 teas. Turkish coffee (pulverized very fine)

Fill pot with water, let boil fiercely, remove from fire and add sugar and coffee. Mix well, put back on fire. Lower fire now and let boil. Watch it so as not to boil over and lose the foam. Take a little of the foam in a teaspoon and put in each demitasse cup, then pour the rest of coffee. This way every cup has a foam, which adds to its appearance. Add a tiny stick cinnamon in the boiling water, then remove when you add sugar and coffee. It gives it a rare taste.

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BROWN LENTIL SOUP

1 cup (8 oz.) brown lentils washed & soaked for one hour
1 cube of vegetable soup (parve and kosher)
2 tbs. oil
1 medium sliced onion fryed until brown
1 or 2 carrots sliced
2 stalks celery sliced diagonally (1")
black pepper and salt to taste
2 cloves minced garlic
½ teas. coriander (kizibra)
2 or 3 bayleaves

Brown onion in oil until golden. Add garlic and coriander. Brown and remove. In a large pot place strained brown lentils, vegetables including the onion, garlic and coriander. Add 1 quart of water and cook for one hour.

POTATO SOUP

1 small onion
2 tbs. butter or oil
4 medium potatoes diced
4 cups water*
salt to taste
1 teas. fresh dill
2 tbs. flour

* if *dairy*, replace water with milk

Brown onion in butter or oil. Add diced potatoes, milk or water and salt. Bring to boil. Mix flour with some of the milk or water until smooth, adding to soup slowly mixing all the time. Add dill and lower flame and let it simmer until potatoes are done.

LADYFINGER CHEESE CAKE

12 ladyfingers split
1 envelope unflavored gelatin
¼ cup cold water
3 8 oz. packages of cream cheese softened
1 cup sugar
1 4 oz. package vanilla flavor whipped dessert mix
1 tbs. grated lemon rind

Line sides of a 9" springform pan with waxed paper, then ladyfingers rounded side out. Soften gelatin in cold water. Disolve over hot water. Place 1½ package of cream cheese in each of two bowls. Beat until smooth. Blend ½ cup sugar and 2 tbs. of disolved gelatin into each bowl. Prepare chocolate and vanilla dessert, separately as directed on package. Blend chocolate dessert into one bowl of cheese mixture. Blend vanilla dessert and lemon rind into the other bowl of cheese mixture. Drop mixture alternately into the prepared pan to give a marble effect. Using a knife, lightly score the top to make a pattern. Chill at least 6 hours or until firm. To serve, remove sides of pan and waxed paper. Place into a serving dish.

APPLE CHARLOTTE — NO BAKING

6 apples, pealed, cored, and diced
grated rind and juice of one lemon
1 cup sugar
½ teas. cinnamon
½ teas. nutmeg
2 tbs. corn starch
½ cup coarsly chopped nuts
¼ cup orange juice
1½ packages (6½ oz.) champagne wafers
vanilla ice cream

Combine apples, lemon rind and juice, sugar, cinnamon, nutmeg in a saucepan and simmer until apples are tender, but still crisp. Mix corn starch with ½ cup orange juice and stir into apples. Cook while stirring until thickened. Cool and stir in nuts. Use champagne wafers to line bottom and sides of 1½ quart charlotte mold. Layer apple mixture with remaining wafers, ending with wafers. Cover with cream and the unpeeled apple slices dipped into lemon juice. Serve with vanilla ice cream.

SLEEA

1 lb. whole grain
4 quarts water
1½ cups sugar
1 tbs. cinnamon (ground)
1 cup white seedless raisins
½ cup anisette liqueur
4 oz. pistachio nuts
1 teas. rosewater

In a large pot, boil water and add the grain, after it has been picked, washed, and drained, on a medium fire until grain is very tender, adding water if needed. You can never overcook it as when you add sugar, it gets hard again. When it is done, rinse in a collander with cold water. Place it in a serving tray or bowl and add the above dressing from sugar down.

COOKIE DOUGH THAT FREEZES WELL

(Could be used for any type of cookies)

3 sticks sweet butter
1 cup sugar
1 teas. vanilla
2 teas. baking powder
3 eggs
3 cups flour sifted with baking powder

Beat alternately in machine. Form 1 or two balls and freeze.

MATZAH BALLS

3 large eggs
6 tbs. water
1 tbs. fresh dill finely chopped
salt to taste
1 tbs. chicken fat or oil
1 cup matzah meal

Break eggs into a bowl and beat until well blended. Beat in water, add dill, salt and pepper if desired. Add chicken fat or oil. Beat well and gradually beat in matzah meal. Dip your hands in cold water and form into balls. Place on a plate as they are formed. Refrigerate them for thirty minutes or more. Bring chicken soup to boil and drop in chilled matzah balls. Cook covered on medium fire fifty minutes to one hour.

CHOCOLATE DIPPED FRUIT

4 oz. bittersweet chocolate
1 tbs. vegetabel oil
1 pint strawberries, washed, dried and hulled

Melt chocolate in top of double boiler over hot, not boiling water. Stir oil into chocolate. Holding strawberries by their stems, dip them into chocolate so sides are covered 2/3 of the way up. Place dipped strawberries on a baking sheet lined with parchment paper. Refrigerate until serving time.

You could dip apricots, prunes and nuts using this method.

SWEET KAAK

3 cups flour
3 eggs
1 cup sugar
1 teas. baking powder
½ teas. salt
½ cup orange juice
1 teas. vanilla
¾ cup vegetable oil

Beat these ingredients in machine as follows: beat eggs, add sugar, oil, vanilla and mix well. Add flour, baking powder and salt until smooth and shape. Bake on a greased cookie sheet at 350 degrees for 15–20 minutes on the third rack from the bottom.

NOODLE PUDDING

1 Box 12 oz. broad egg noodles
½ cup soft butter or margarine
1 8 oz. cup creamed cottage cheese
4 eggs beaten
½ teas. cinnamon
1 quart milk

Cook noodles according to package directions. Drain and toss with butter, sour cream, cottage cheese, milk, eggs and cinnamon. Turn into a greased baking dish. Bake at 350 degrees for 50 minutes. Serve hot.

SOUR CREAM POUND CAKE

¾ cup butter or margaring
1 heaping cup sugar
3 eggs
1½ cups sour cream
3 cups unsifted flour
1½ teas. baking powder
1½ teas. baking soda
½ teas. salt
½ cup beer
1 cup chopped walnuts
½ cup sugar
1 teas. cinnamon

Oven temperature 350 degrees
Bake one hour

In a bowl or machine cream butter until light. Beat in sugar. Beat in eggs, one at a time. Add vanilla and sour cream. Combine flour with baking powder and baking soda and salt. Add to creamed mixture alternately with beer until a smooth batter is achieved. In a small bowl mix chopped nuts with the above ½ cup sugar and cinnamon. Spoon ⅓ of batter into a well greased tube pan (10"). Scatter ⅓ of the walnut mixture over batter. Repeat layering with batter last. Bake 1 hour. Let cake cool completely before turning it over.

KOSHER FOR PASSOVER MANDEL CAKE

- 4 large eggs
- 1 cup sugar
- 1 cup oil
- 3 cups cake meal
- ¾ cup potato starch
- 1 cup ground walnuts mixed with sugar and cinnamon
- ¼ cup orange juice

With an electric mixer beat eggs for three minutes. Add sugar and beat for three minutes. Add oil and beat for three minutes. Add cake meal, potato starch and 3 teas. baking powder, adding orange juice slowly. Beat until smooth and shiny. Close machine. Add nuts with wooden spoon. Pour into strips on a flat cookie sheet. Bake at 400 degrees for fifteen to twenty minutes. Cut while hot. Turn on unbaked side and bake another ten to fifteen minutes, or until golden.

APPLE CREPES

12–14	cooked crepes
2	cans of apples
¼	cup butter
½	teas. ground cinnamon
½	cup sugar
¼	cup seedless raisins

Have crepe ready. Melt butter in large skillet over low heat. Add apples, cinnamon, sugar and raisins and simmer for three minutes. Cool for ten minutes. Place about 1 tbs. of the mixture at the center of each crepe. Roll up crepes and place seams down in a buttered, shallow baking dish. Bake in preheated oven at 375 degrees ten to fifteen minutes or until heated thoroughly, serving immediately with pancake syrup.

ZENGHOL

Oil for deep frying
1 cup water
1 cup sifted flour
2 tbs. sugar
1 dash salt
1 teas. baking powder
½ cup oil
4 eggs

In a saucepan combine water, oil and sugar and salt. Bring to boil adding flour all at once. Cook and stir over low heat until mixture forms a ball. Remove from heat and beat eggs one at a time until mixture is smooth and shiny. Drop in deep oil in a rounded teaspoon and fry until golden. Place in a deep bowl that contains syrup. Serve hot or cold.

CARROT SOUFFLE

1 lb. carrots
3 tbs. butter or margarine
3 tbs. flour
½ teas. salt
½ teas. pepper
¼ teas. nutmeg
1 cup milk
3 eggs separated

With a vegetable brush, wash and scrub carrots. Don't peel! Cut off a small slice from each top. Cut into 1½" pieces. Cook carrots covered in boiling water adding a little salt until very tender; about 20 minutes. Drain and mash. In a saucepan melt butter. Stir in flour, salt, pepper and nutmeg. Remove from heat, gradually stir in milk, keeping smooth. Return to low heat and cook, stirring constantly until thickened. Stir in carrots. Set aside to cool. Beat egg yolks until thick and lemon in color. With a clean beater, beat egg whites until they hold straight peaks — not dry. Stir beaten yolks into cooked carrots. Fold in beaten whites. Turn into greased 1 quart baking dish. Bake in preheated 350 degree oven until golden brown — 35 to 40 minutes.

BASIC PIZZA DOUGH

For 2 14" Pizzas

- 1 package dry yeast
- 1½ cup warm water
- ½ cup olive oil
- 1 teas. salt
- 4 cups semolina or regular flour, or mix 2 cups of each

Add yeast to warm water. Allow to rest for five minutes, then mix in oil and salt. Stir in semolina and flour and knead well until the dough is smooth and elastic — 10 to 15 minutes. Let rise for about one hour. Punch down and knead again for two minutes. Form into two balls. Brush both with olive oil and then roll until 14" round. Add topping of your choice and bake at 450 degrees for about 20 minutes.

PESTO PIZZA TOPPING

1 cup pesto sauce
3 tbs. pine nuts toasted at 350 for 10 minutes
½ cup grated cheese

Spread pesto on cooked pizza dough, then sprinkle on pine nuts. Bake as directed and add cheese just as pizza comes out of oven.

PESTO SAUCE

2 cloves garlic minced
¼ cup pine nuts
¾ cup olive oil
¾ cup grated cheese
¼ cup basil

Combine basil, garlic, and pine nuts in oil and place in blender and puree. Use for pizza topping. You can either refrigerate or freeze remaining sauce, if any.

CHEESE FRITTERS

(Beignets)

These cheese fritters may be served as an appetizer, or as an informal luncheon accompanied by a mixed salad. The paste can be made ahead of time and kept in refrigerator up to three days and used as needed.

2 cups milk
½ stick butter
2¼ cups flour
4 eggs
¾ cup swiss or desired cheese
salt and pepper to taste

In a large saucepan add butter and milk to boiling. Add flour all at once and stir with wooden spoon until a thick paste is formed. Keep stirring until paste forms a ball. Remove from heat and cool for ten minutes. Beat in eggs, one at a time. An electric mixer is helpful. Add salt and pepper to taste and the diced cheese. Cover and refrigerate until ready to make the beignets. Fill saucepan with oil to about 3" deep and heat. Dip tablespoon into melted butter or oil, into paste, and drop into hot oil allowing a little space between each one. Cook until golden brown. Remove with slotted spoon on to oven proof dish and transfer to a moderately (250 degrees) hot oven to keep warm. This will serve approximately four people yielding approximately 24 beignets.

POTATO CHEESE SOUFFLE

1 lb. boiling potatoes peeled
1 tbs. unsalted butter melted
¼ cup grated cheese
3 eggs
1 cup grated cheese
¼ teas. salt
1/8 teas. nutmeg
pinch of hot cayenne pepper

Cook potatoes in boiling salted water until very tender. Drain and mash. Preheat oven to 400 degrees. Generously butter four souffle cups. Sprinkle bottom and sides with 1 tbs. of cheese. Stir butter into potato; mix in yolks, cheese, salt, nutmeg and pepper. Beat whites with a pinch of salt until stiff, but not dry. Fold into potato mixture. Spoon into prepared baking dish. Bake 30 minutes, or until golden.

STUFFED EGGPLANT ROLLS

2 medium eggplants
flour for dipping
3 eggs beaten
olive oil for deep frying
1 lb. ricotta mixed with 1 tbs. fresh chopped parsley
½ lb. mozzarella or desired cheese
16 oz. marinara sauce

Wash eggplant, peel and slice lengthwise. Dip eggplant slices in flour and then into beaten eggs and fry until golden. Place on paper towel. Place a scoop of ricotta in middle of each eggplant slice. Top each slice with mozzarella; then roll eggplant and secure with toothpick. Place eggplant rolls on a greased shallow baking pan and top with marinara sauce. Bake at 350 degrees for 25–30 minutes or until brown.

PASTA WITH PESTO SAUCE

½ cup fresh basil leaves
4 cloves garlic
½ cup pine nuts
½ cup grated cheese
pepper and salt to taste
1 lb. linguine
½ cup olive oil

Place oil and first five ingredients in blender and mix to smooth paste. (Don't put linguine in blender!) Cook linguine in boiling, salted water till al dente and drain well. Place in large serving platter. Mix with pesto mixture. Add grated cheese and additional pine nuts. Toss and serve.

(This sauce stays in refrigerator for one week, or may be frozen.)

SPINACH PIE

1 Pie crust
1 lb. chopped and cooked spinach
1 small browned onion in 1 tbs. oil
4 eggs
8 oz. cottage cheese
½ cup soft breadcrumbs
2 tbs. melted butter
4 tbs. grated cheese

Place piecrust in a pie pan. Prick bottom and bake in oven at 350 degrees for five minutes or until it is set. Remove from oven. Mix spinach, cottage cheese, grated cheese, salt, butter and browned onion. Beat eggs and add to mixture. Pour into baked piecrust and bake for about 30 minutes or until browned.

Bake on top rack of oven.

STIR-FRY VEGETABLES WRAPPED IN FILLA

½ cup oil
12 oz. fresh mushrooms (or canned)
2 large carrots diced
1 large green pepper diced
½ bunch celery diced
2 cups shredded cabbage
1 large onion sliced
1 can bean sprouts

Brown onion in oil. Add all vegetables and stir-fry on high flame, stirring constantly for ten minutes. Close flame and add allspice, cinnamon, salt, soy sauce and hot pepper or tabasco to taste. Place in prepared deep dish lined with 8 sheets of filla, making sure each filla sheet is brushed with melted oil, butter, or crisco. Top with 8 sheets of filla (same as above). Cut in diamond shape and bake at 325 degrees until puffed and golden.

SPAGHETTI WITH VEGETABLES

12 oz. thin spaghetti
½ cup oil
1 medium onion chopped
1 large eggplant pealed and diced in large chunks
½ cup chopped parsley
½ lb. sliced mushroom or one small can of pieces and stems
2 cloves garlic minced
1 12 oz. can crushed tomatoes
1 teas. basil or ¾ cup fresh
1 teas. oregano
salt to taste

Heat oil in large frying pan. Brown onion, add garlic and brown lightly. Add eggplant and saute until light brown, stirring until browned. Add crushed tomato and all seasonings. Bring to boil and lower heat and simmer for 30 minutes, or until eggplant is tender. Prepare spaghetti as directed on box and serve hot.

LASAGNA

1 lb. wide lasagna
12 oz. can fresh or frozen spinach
1 can mushroom pieces and stems
1 cup grated cheese
1 can crushed or stewed tomatoes
1 stick butter for sauce

In a large pot boil lasagna in salted water until al dente. Blanch and put aside to cool. Butter your casserole and line with ½ lasagna. Use enough spinach to cover entire bottom. If using fresh spinach, chop it fine and leave it raw. Spread mushrooms to cover. Sprinkle and spread cheese to cover. Repeat with lasagna and adding with vegetable on top.

SAUCE

Melt butter adding 2 tbs. flour and either 1 cup milk or half and half. Mix well and pour over top of lasagna, then adding tomatoes. Bake on third rack of oven at 325 degrees until it is light brown.

CHEESE AND MUSHROOM QUICHE

½ lb. fresh mushrooms or 1 small can of stems & pieces
1 medium onion
1 cup grated cheese
1 cup cottage cheese
3 large eggs
oil or butter to bake

Clean and blanche mushrooms (unless you are using a can). Strain from liquid. Mix with cheese, minced onion, salt and allspice and cinnamon to taste. Beat in eggs. Grease pie plate either with butter or oil and bake in a preheated oven at 325 degrees until golden and puffed. This is a crustless quiche.

CHICKEN CUTLETS WITH VEGETABLES

(serves 4)

4 chicken cutlets cut in chunks
½ bunch diced celery
1 onion sliced
1 small can bamboo shoots
1 small can bean sprouts
1 tbs. soy sauce (light)
1 cup shelled walnuts
1 tbs. potato starch
⅓ cup oil

Heat oil in a large, deep skillet. Add walnuts and fry for three minutes. Remove from oil. Set aside. Fry onion until golden. Add chicken chunks and fry for three minutes. Remove from oil with slotted spoon and add all the remaining vegetables and stir-fry for three minutes. Place back all ingredients in a large pot if necessary. Make a paste of ½ cup water and one tablespoon of potato starch and add to vegetables and chicken. Cover and place in oven at 350 degrees. Cook until chicken is tender.

Serve over rice with a tossed salad.

TURKEY & DUCK STUFFING

This is a large recipe for company. Make half for serving of four adults.

In a ½ cup of oil brown a large onion until golden brown. Add two 8 oz. cups of washed rice and roast it until pink in color. Add 1 cup shelled almonds; ½ cup shelled pistachio nuts; 2 tbs. pinenuts. Roast for two minutes and remove from fire. Add salt, allspice, cinnamon and paprika to taste. Mix and remove from fire. One half hour before turkey or duck is done, take out from roaster, strain liquid, wash roaster and place back turkey or duck and liquid. Add above mixture around the turkey or duck and cook in the oven until stuffing is done at 225 degrees. Make sure that it has enough liquid. If not, add a little at a time.