CHAPTER 5

Miscellany of Dishes

Know that some of the sour dishes are sweetened and others are kept sour. The sweetened sour ones are usually cooked with sugar, honey, or date syrup. It is fitting that all these dish varieties are put in one chapter. The following are such dishes.

(7) *Sikbāj* (sour vinegar stew)
To make it, cut fatty meat into medium-size pieces, and put it in a pot with enough water to submerge it, with a bit of salt, aloeswood (ʿūd), and cassia (*dār Ṣīnī*). When it comes to a boil, remove the scum, and add to it coriander seeds (*kusbara yābisa*).

Now take white onion, bulbous leeks (*kurrāth Shāmī*) or Levantine shallots (*thūm Shāmī*), carrots if in season, and eggplant. Peel them all. Cut the eggplant in a deep cross [almost to the stem, lengthwise], and boil it in salted water in a separate pot. Drain it well, and add it to the meat pot [along with the other vegetables]. Add some spices and herbs (*abāzīr*), and adjust the salt.

When the stew is almost cooked, take vinegar and date syrup or honey. Use as much of them as needed to make a balanced sour and sweet seasoning sauce (*mizāj*), and add it to the pot. Let it cook for an hour, and then thicken it with a bit of wheat starch (*nashāʾ*) or [ground] rice.

Now take skinned and split almonds, jujube (ʿunnāb), dried figs, and raisins (zabīb). Spread them on top of the cooking stew [do not stir them in]. Cover the pot and let it cook for an hour, after which, stop fueling the fire, wipe the [inner] sides of the pot with a clean cloth, sprinkle it with some rosewater, and

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1 This is a very long chapter containing 142 recipes of main dishes. Note that the first part of this chapter (recipes 7–20) closely follows the second chapter in the *Waṣf* (several of the recipes are also found in Baghdādī). It is highly possible that both drew on similar sources unavailable to us today. Here I used the *Waṣf* to amend the edited text wherever needed.
2 This recipe is almost identical with recipe 136 below, which clearly indicates that the compiler of this book used several sources dealing with dishes, in which case repetition is expected and inevitable.
3 See glossary 8, s.v. *kurrāth*.
4 Here I follow *Zahr*, fol. 5r, replacing the edited 'and' with 'or.'
leave it on the remaining heat of the fire to simmer, and then take the pot off the fire.

(8) Ibrāhīmiyya
Cut the meat into medium chunks, and put it in a pot with enough water to submerge it. (13v) Throw into it a tied bundle of light linen containing coriander seeds, ginger, black pepper, and aloeswood, all finely ground. Also add pieces of cassia (dār Ṣīnī) and mastic gum. Slit three small onions cross-like [but leave intact], and add them. Then, pound more meat, shape it into balls (kubab), and throw them into the pot.

When the food boils, take out the cloth-bundle with the spices in it, and soak it in aged juice of unripe sour grapes (māʾ ḥiṣrim ʿatīq). If aged juice is not available, use fresh sour grapes (ṭarī), and extract their juice by hand, without boiling the grapes. Alternatively, use distilled vinegar. Strain the liquid, thicken it (yurabbā) with sweet almonds, finely pounded, and pour it into the pot. Sweeten it with a bit of white sugar, [add enough] so that it does not taste overly sour.

Leave the pot on the fire to simmer. Wipe the [inner] sides of the pot with a clean cloth, sprinkle a little bit of rosewater on top, and then remove.

(9) Jurjāniyya
Cut fatty meat into medium chunks and put it in a pot with enough water to submerge it. Add a bit of salt, too. Chop onion into small pieces, and when the pot comes to a boil, add the onion, along with coriander seeds, black pepper, ginger, and cassia (dār Ṣīnī), all finely ground. Some might also like to add shelled walnuts, from which the inner wooden membranes have been removed, (14r) that are cut into medium pieces. Stir the pot.

When the ingredients (ḥawāʾij) are cooked, take equal amounts of [dried] pomegranate seeds and black raisins. Pound them thoroughly, and then rub and press them with water [to release their essence]. Strain them through a fine-meshed sieve (munkhul ṣafīq), and add [the liquid] to the pot. Also, add

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5 White stew named after the Abbasid gourmet Prince Ibrāhīm b. al-Mahdi (d. 839). Ibn Mubārak Shāh (d. 1458) in Zahr al-ḥadīqa, fol. 5r, replaces Ibrāhīmiyya with taʿām ẓarīf ‘el-egant food.’
6 For distilling, see glossary 9.2, s.v. taṣʿīd.
7 Named after Jurjān, a city in northern Persia.
8 Ḥawāʾij, often used in recipes, designates ingredients needed for cooking the dish in a given recipe.