Of Dishes Made with Dairy (*albān*): *kawāmikh* (Fermented Condiments), *jājaq* (Drained-Yogurt Condiment), Condiments with *kabar* (Capers), and *zaʿtar* (Thyme), *bīrāf* (Clotted Cream), and the Like

(500) Delicious *kāmakh* (fermented dairy condiment)

Take [baked] bread after it cools; break it into pieces, put these in a new jar, layering it with fresh fig leaves.¹ (126v) Repeat this until the jar is full. Close its top, turn it upside down, and set it aside for twenty or more days, until the bread molds (*yuʿaffin*). Take the bread out of the jar with the mold on it, separate it from the fig leaves, and set it aside to dry out.

Knead an equal amount of unfermented bread (*khubz faṭīr*), immediately divide it into balls, roll them out into thin discs (*ruqāq*), and bake them until done.² Dry this bread, as you did with the first bread. When it is as dry as the moldy bread that is already dried, pound both the moldy and the unfermented bread, and knead them with cold milk.

Put the mix in a vessel to which you have added a bit of sweet olive oil. Leave it in a sunny place for three days. On the fourth day, knead it with [more added] milk; however, add only enough so that when you put a stick in the middle, it stays standing. The stick should be taken from a fig tree;³ peel off its skin [before using it, and keep it standing in it while it is fermenting]

Leave the vessel in a sunny place, day and night; stir the mix [with the stick], once early in the morning and once in the evening. Continue doing this until it matures in the sun.

When you come to knead it on the fourth day, [i.e., after leaving the vessel in a sunny place for three days,] stir in it some salt. It will be wonderful.

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¹ Used to encourage the growth of mold, and for their antiseptic properties.
² Here I amended the text based on the context and *kāmakh* recipes in al-Warrāq, chapter 40.
³ The branches have the same antiseptic properties as those of the leaves. Besides, the milky latex works like rennet in milk, see glossary 7, s.v. ḍhukār, under *tīn*.
(501) Recipe for another kāmakh (fermented dairy condiment)

Take 1 rubʿ (8¾ pounds) fine tasting sprouted wheat berries (qamḥ zarīʿ). Boil them lightly, and then take them out of the boiling liquid and spread them out to dry.

When the wheat is dry, put it in a large brass pot (dast), toast it very well, and coarsely crush it (jarīsh). Once it is crushed, separate the finely ground wheat (daqīq) from the coarsely ground (dashīsh) [by sifting it in a fine-meshed sieve].

Take the finely ground wheat (daqīq) and knead it vigorously [with water] into stiff dough, which you divide into balls, and set aside to dry. Next, make holes in these balls, [thread them into necklaces], and hang them on a rope in the sun (127r) until they dry completely and become like iksīr,5 which common folk call qamna.

Now take the coarsely ground wheat (dashīsh), which you separated from the finely ground wheat (daqīq), and put it in a vessel with a small mouth and a large belly, such as a muṭr.6 Add milk to it, enough to more than just submerge the wheat in it. Throw in three sticks from a fig tree,7 cover the opening with a thin sheet of leather (riqq), and set it aside for 10 days.

Open the vessel and dip your hand in it. If it feels dry, add more milk; otherwise, just leave it. Take a ball of the qamna [you threaded], break it into pieces, and add it to the jar. Cover it with the sheet of leather, and make a hole in it. Remove the [three] fig tree sticks you first put in it, and instead insert a long fig tree stick through this hole—it should be long enough to reach the bottom of the vessel [and stick out of the vessel’s hole].

Now, each day, put your hand in the vessel and beat the contents.8 Do this for three days, after which you can take out the condiment and use it. It will taste like fuqqāʿ (foamy beer), and will look as yellow as saffron.

You can tell when the condiment is ready to use because the fig tree stick inserted in it starts to smell like jubn Shāmī (Levantine cheese, like mozzarella). [Serve it drizzled with olive oil.]9

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4 A slightly shortened version of the recipe is included in Zahr, fol. 24r.
5 Iksīr is the base for making certain preparations. In this context, it is the base for the kawāmikh condiments. Previously we came across iksīr as the base for making drinks (see, for instance, recipes 402 and 404), also called khamīra.
6 In recipe 256 above, it is described as a non-porous stone jar (maṭr hajarī). Such vessels were commonly used for keeping oil or small salt-cured fish (samak mumallaḥ), as described by Dozy, Takmilat al-maʿājim 1461. From the Kanz recipes, we learn they were also handy for keeping cheese, pickles, fermented condiments and sauces.
7 See note 3 above.
8 Perhaps once (as in recipe 504 below), or twice (as in recipe 500 above) a day.
9 This detail appears in Zahr only.