[40]

The prescription of (how) to obtain cheese-water
Choose a red or yellow or blue(-coloured) young goat, one that has given birth not too long ago, and feed her wet coarsely ground barley and (its) bran, dog’s grass, endive, and fumitory; (then) milk off two ratl, (put it) straight into a jug, bring it towards the boil on a very low flame, whip it with (a piece of) fresh barked fig-wood or willow(-wood), and wipe around (the edges of) the jug once or twice until (the milk) almost boils; then take it off (the fire), sprinkle on it thirty dirham of sugared oxymel, stir it with the (aforesaid) wood, and cover (the jug) until (the milk) curdles; then strain it through a piece of cotton or a small basket made of palm-leaves, and hang up (the curd) until the (remaining) water has dripped from it; (finally) return (all the water) to the washed jug, boil it gently, throw into it half a dirham of rinsed white salt, and strain it again. Take this (cheese-water)—gradually increasing (the amount from) half a ratl to two thirds of a ratl—with white sugar, at times with a purgative as I prescribed in the chapter on powders, or else with a substitute for that as I (also) copied down in the chapter on powders.34

Chapter Three
on
the Prescription of Beverages and Robs

[41]

The prescription of the citron beverage
which is useful against gastric debility
and palpitations of the heart
Take fifty fresh juicy citron leaves, wipe off the dust with a clean cloth of linen, put them in a clean receptacle, and soak them for seven days in seven qist of pure aged wine, which is the original, or pure wine boiled down to one half; then strain (the wine) off the leaves, add to it one qist of clarified honey, stir (that) well, put it in a receptacle of glass or porcelain, and use it after three days.

34 This reference cannot be traced directly because chapter 7 on powders is incomplete, cf. p. 7 above.
The prescription of the apple beverage which strengthens the stomach and the heart
Take five ratl tasty apples of good quality, peel off the outer (skins), rid the inner (cores), pound them finely, add to (the pulp) five ratl of clarified honey, beat these two (ingredients) into an even (mass), pour over it eight qist of clear rainwater, stir (this) gently, be sure to put it in a receptacle of glass or porcelain, close (its opening), and leave it in the sun for one month; then strain it, and use it.

The prescription of the pandanus beverage which is useful against smallpox, measles, rash, erythema, and all blood disorders; it is (also) useful (against) the flaming sensations caused by heartburn as a result of excessive heat in the liver and stomach, it quenches thirst, and improves the smell of the breath
Take one ratl of pandanus wood—this is a red wood similar to red sandalwood, brought up on ships from the sea; (the plant), which is also called kadar, has long sharp leaves and thorns, and (its wood is used) by the weavers of clothes to make the beam they call haff; as for its leaves, they are used by the wood-turners in their work; and the beverage (bearing its name) is among those which the kings of India use. (Further take) one ratl of seedless fibreless tamarinds; one ratl of fennel roots; one ratl of large seedless jujubes; half a ratl each of fennel stalks and seeds; ten mitqāl each of yellow and red sandalwood; two mitqāl each of Indian spikenard and dry stalkless red roses. Bring (all) these ingredients together thoroughly crushed, soak them in four times as much fresh water, and boil (this) until one fourth of it is left; then take it off the fire, and strain it. (Now) take one ratl from the water of sweet pomegranate seeds, and one ratl each of sour pomegranate-water and old white wine vinegar, combine (this) with the afore(said) strained water in a clean pot of stone, and cook it until it almost coagulates.

36 For precise definitions of the term haff see Lane Lexicon 2/598.