

Shire Wars X
October 14-16, 2022

Dayboard Menu and Recipes
Feast Menu and Recipes

Celine Elisabeth de Meaux of Owlsherst

Acknowledgments:

To the many Shires that contributed their populace's time, efforts and resources to Shire Wars

To our guests – the new and old, the populace and the leaders from the place they are and in our royalty that we may continue with the open eyes of curiosity, the hands guiding our efforts of creativity toward mastery and the many senses to savor and share the experience.

To those in the kitchen: Aurora, Griffin, Orlaithe, Gerhard, Seraphina, Tybalt, Thorfina, Stephen, Elinor, Leo, Patrick, Jayme, Hanse, Phillipe, Jean-Pierre, Beckla, and my lord D'Oryen

To those who served the feast: D'Oryen, Eric, Jean-Pierre, Phillipe, Stephen

To Procurers of ingredients: Tybalt (lamb), Jayme (quince), D'Oryen (asian pears)

To our autocrats Torvi and Linette, who allowed the trust to design the menu as I pleased

All who contributed to the setup and cleanup, as well as those who just came to enjoy the beautiful site and activities.

To our sovereign Mohammad Al Wajdi Al Abderrafi Al Manil Ibn Horrah Ibn Gowan and his consort Corotica merkka Senebelnae

Yours in service,
Lady Celine Elisabeth de Meaux

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Dayboard

Yeast buns with 2 fillings

Assembled by Orlaithe, Phillipe, Jean-Pierre, Jayme, Stephen, Griffin, Gerhard, Thorfina

Dough

Prepared by Celine and D'Oryen

Ingredients:

- 1 cup warm water (110 degrees)
- 1 package (2 ¼ tsp.) dry yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- ¼ cup oil
- 3 ½ cups of flour

Instructions:

1. Pour 1 cup warm water into a large bowl, sprinkle in package of yeast and 1 teaspoon sugar
2. Let mixture stand 5-12 minutes until bubbly.
3. Add 1 teaspoon salt, ¼ cup oil and 2 cups flour. Beat by hand with a wooden spoon for 5-10 minutes until well combined or 5 minutes in a electric mixer with a dough hook.
4. Continuing to use the spoon or mixer with a dough hook stir in 1 ¼ cups more of the flour to make a soft dough.
5. Sprinkle remaining ¼ on a board or clean, flat surface and knead until smooth and satiny (about 10 minutes)
6. Transfer to a greased bowl and cover with a towel to rise until doubled (about 1 hour)
- 7.

Adapted from *Easy Basics for International Cooking (Updated Edition)*
by Sunset Books, Sunset Publishing Staff, Cornelia Fogle; Lane Publishing Company (1984) ISBN: 0-376-02129-2
Yeast Bun Dough, page 71

Lamb Filling

Prepared by Aurora

Ingredients:

- Yeast bun dough
- ½ teaspoon salt
- 1 pound ground lamb
- 2 cloves minced garlic
- ¾ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground pepper
- 1 package frozen, chopped spinach (10 ounces), thawed, squeezed dry in towel or colander
- ½ cup raisins
- 1 Tablespoon lemon juice
- 6 ounces crumbled feta cheese (approximately 1 ½ cups)
- 1 egg
- 1 tablespoon of sesame seeds

Instructions:

1. Prepare yeast dough to rising point. While it is rising, begin cooking the filling
2. Sprinkle the salt over a large frying pan (cast iron works well) over medium high heat. Crumble in ground lamb, onion and garlic.
3. Cook about 10 minutes until meat is no longer pink and liquid has evaporated
4. Stir in the spices (allspice, cinnamon, cloves, and pepper)
5. Remove from heat and stir in spinach, raisins, lemon juice and feta cheese. Set aside to cool.
6. Take the bowl of risen dough, punch down and turn out on a floured board.
7. Knead for 1 minute then cut in to 12 equal pieces
8. Roll into a 5 ½ inch round and then place 1/3 cup of lamb filling in center.



9. Moisten the edges with water and fold up 3 sides to make a triangle
10. Line baking sheet with parchment paper and place buns 1 inch apart on the sheet
11. Cover with lint-free towel to rise 30-40 minutes until puffy
12. Beat egg in a small bowl with a fork. Brush tops of buns with beaten egg and sprinkle with sesame seeds.
13. Bake in a 400 degree oven for 15 – 17 minutes until golden brown.
14. Transfer to wire racks to cool.

Adapted from *Easy Basics for International Cooking (Updated Edition)*
by Sunset Books, Sunset Publishing Staff, Cornelia Fogle; Lane Publishing Company (1984) ISBN: 0-376-02129-2
Lamb and Spinach Turnovers, page 71

Seasonal Greens Filling


Prepared by D'Oryen, Orlaithe, Celine, Patrick and Leo

Ingredients:

- Yeast bun dough
- 1 tablespoon of olive oil
- 2 cups chopped fresh kale
- 4 scallions, chopped, including green part
- 2 cloves garlic, minced
- 1 cup cleaned methi (fresh fenugreek) leaves or other green like mustard or chard
- 1/2 teaspoon salt
- 1 teaspoon ground pepper
- 1 tablespoon lemon juice
- 1 package frozen, chopped spinach (10 ounces), thawed, squeezed dry in towel or colander
1 tablespoon of lemon juice
- 3 ounces ricotta
- 3 ounces crumbled feta cheese (approximately 1 ½ cups)
- 1 tablespoon of flour mixed in 2 tablespoons water

- 1 tablespoon of nigella seeds or black and white sesame seeds

Instructions:

1. Prepare yeast dough to rising point. While it is rising, begin cooking the filling
2. Saute the kale in olive oil until limp
3. Stir in scallion, garlic, methi, salt and pepper. Cook for 1-2 more minutes.
4. Remove from heat and stir in lemon juice, spinach, ricotta and feta cheese. Set aside to cool.
5. Take the bowl of risen dough, punch down and turn out on a floured board.
6. Knead for 1 minute then cut in to 12 equal pieces
7. Roll into a 5 ½ inch square and then place 1/3 cup of greens filling in center.
8. Moisten the edges with water and roll up and tuck ends under to make a little log. 
9. Line baking sheet with parchment paper and place buns 1 inch apart on the sheet
10. Cover with lint-free towel to rise 30-40 minutes until puffy
11. Beat water and flour in a small bowl with a fork. Brush tops of buns with mixture and sprinkle with nigella seeds.
12. Bake in a 400 degree oven for 15 – 17 minutes until golden brown.
13. Transfer to wire racks to cool.

from Celine Elisabeth de Meaux various sources, including a nod to Shire of Owlsherst Cook's Guild Spinach and Cheese Pastie filling



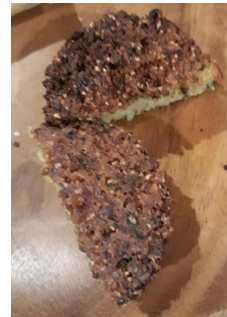
Illustration 1: Greens Filled buns (top) Lamb filled buns (bottom)

Falafel

Prepared by Celine and D'Oryen

Ingredients:

- 1 cup dried chickpeas (garbanzo beans), soaked overnight and drained
- 1 cup dried black-eyed peas soaked overnight and drained (can substitute dried navy beans or dried, skinned fava beans)
- 1 large onion
- 3 cloves of garlic, minces
- scant $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup chickpea (gram) flour
- $\frac{1}{4}$ cup bulgur wheat (coarse makes open texture, fine makes creamier texture)
- $\frac{1}{2}$ cup finely chopped parsley
- $\frac{1}{2}$ to 1 tablespoon of salt
- 2 teaspoons ground cumin
- 2-3 teaspoons ground coriander (3 if fresh ground)
- $\frac{1}{2}$ teaspoon black pepper



*Illustration 2:
Falafel*

Instructions:

1. Mix chickpea flour, bulgur wheat, salt, cumin, coriander and pepper in a separate bowl
2. Grind onion, garlic in food processor until finely chopped. Dump this mixture into a large bowl
3. Place chickpeas and beans in the food processor. Pulse to grind, and then finely chop. Dump in bowl with onion mixture/
4. Mix in dry ingredients to wet, a little at a time using a spatula or your hand.
5. When all is incorporated, cover and allow to rest for 1 hour.
6. Using a scoop or a spoon and your hands, form into approximately 24 flattened patties that are around 1.2 inches round and place on a tray lined with parchment paper.
7. At this time the patties can be frozen for future use or set up for cooking right away.
8. To cook, heat oil in skillet or deep fryer to 375 degrees (approx 10-15 minutes to heat)

9. Fry for 4 minutes, making sure each side is toasty brown. Allow to rest before eating

Adapted from *The Frugal Gourmet on our Immigrant Ancestors: Recipes You Should have Gotten From Your Grandmother* by Jeff Smith; William Morrow and Company, Inc. (1990) ISBN: 0-688-07590-8
Falafel, page 436

Herbed Chicken Spread Pita Wedges

Prepared by Celine, Seraphina and Gerhard Stormeclocke

Ingredients:

- *Pitas with pockets, either split into 2 rounds or cut in half*
- *1 pound cooked chicken (poached or grilled legs and thighs work well)*
- *1 cup ground walnuts*
- *1 lemon, 1 lime (pulp to make 1.4 cup)*
- *¼ cup finely chopped fresh mint leaves*
- *¼ cup chopped fresh tarragon*
- *¼ cup chopped fresh basil*
- *1 tsp salt*
- *1 tablespoon olive oil*
- *water if necessary for smoothing*

Instructions:

1. *Place all ingredients except pita and water in food processor. Pulse until blended*
2. *Add a little water or olive oil if necessary for spreadable consistency.*
3. *Use a spatula to either spread inside a pita pocket or on half a round and then fold in half*
4. *Cut in wedges and arrange on plate.*
5. *Alternately you could pulse all ingredients except chicken and have that as chunks in either a pocket or roll-up of a split pita.*

*Adapted from Scheherazade's Feasts: Foods of the Medieval Arab World
by Habeeb Salloum, Muna Salloum, and Leila Salloum Elias; University of Pennsylvania Press (2013)
ISBN: 978-0-8122-4477-9
Herbed Chicken Pita Rolls, page 96-97*

Thank you to the taste testers of Owlsherst for this newer recipe. Thanks as well to the tinkering that Seraphina provided. While we are not doing it for Shire wars, I would definitely recommend trying a variation that uses 5 spice powder. I believe that would be a welcome addition when there are not as many fresh spices available. It warms the flavors differently than the greens of the fresh spices.

Hummus bi Tahini

Prepared by Celine

Ingredients:

- 1 cup dried chickpeas soaked overnight
- Juice of 2-3 lemons (to your taste)
- 2-3 cloves of garlic (to your taste), minced
- salt
- ¼ cup – ½ cup tahini (sesame paste)
- olive oil
- water
- ground cumin
- ground cayenne, paprika, or sandalwood
- chopped parsley if desired

Instructions:

1. Boil the chickpeas in water for about an hour until soft
2. Put aside a few peeled ones for garnish
3. Put drained chickpeas and minced garlic through a food processor or food mill to puree them .
4. Add in lemon juice, tahini, salt and a drizzle of olive oil. Blend again until creamy.
5. If it still seems a little stiff add water a little bit at a time while pulsing in food processor until desired consistency.
6. Taste and correct for lemon and salt.
7. Place a portion of the hummus in a bowl. Decorate with alternating lines of cumin and cayenne or and of the other spices that you desire and a coupe of whole, peeled, cooked chickpeas.
8. Serve with pitas and vegetables

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4*

Hummus bi Tahini/Chickpeas with Tahini, page 45-46

I have used this recipe for hummus for decades. I think that we could go through gallons of it if we have enough pita and vegetables.

Baba Ghanoush

Prepared by Celine

Ingredients:

- 3 large eggplants
- Juice of 3 lemons (to your taste)
- 2-4 cloves of garlic (to your taste), minced
- salt
- ¼ cup – ½ cup tahini (sesame paste)
- olive oil
- water
- ground cumin
- chopped parsley or olives if desired

Instructions:

1. Cook the eggplants under the broiler, on the flame of a gas burner or on a charcoal stove until the skin blisters
2. Peel eggplant to remove the skin and squeeze out the bitter juice
3. Put eggplant and minced garlic through a food processor or food mill to puree them .
4. Add in lemon juice, tahini, salt and a drizzle of olive oil. Blend again until creamy.
5. If it still seems a little stiff add water a little bit at a time while pulsing in food processor until desired consistency.
6. Taste and correct for lemon and salt., add cumin if desired
7. Place a portion of the baba ghanoush in a bowl. Decorate with cumin, parsley and olives if desired.
8. Serve with pitas and vegetables

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4
Baba Ghanoush/Eggplants with Tahini, page 46-47*

Salat – Cabbage salad

Prepared by Griffin and Patrick

Ingredients:

- Cabbage, quartered, cored and sliced thinly – either red, white or both
- 1 tablespoon Salt (kosher salt works well), use more or less depending on size of cabbage
- Ground black pepper to taste
- ¼ cup Vinegar (apple cider vinegar works well), use more or less depending on size of cabbage
- Optional – Olive oil, crushed garlic, sugar. All these items to your taste

Instructions:

- Select a firm cabbage. Quarter it, remove the core.
- Slice each quarter in half again horizontally or take a few leaves a a time to slice into thin shreds.
- Place the cabbage in a bowl and sprinkle the salt over it and let sit for a half hour.
- Drain off any liquid, add the vinegar and pepper. Taste for seasoning
- Add any other seasonings or olive oil as desired.

This is a good salad for Pennsic weather and fighters. It keeps well in hot weather and provides refreshment.

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4
Cabbage Salad, page 63*

Feast

First Remove

Chicken with quinces

Prepared by Aurora and Tybalt

Quinces contributed by Jayme from his garden

Ingredients:

- 1 pound Cooked Chicken
- 1 large onion
- 4 quinces, cores removed and diced
- 2 tablespoons sesame oil, add more if needed
- 1-3 tablespoons lemon juice (to balance taste)
- 1 -3 tablespoons sugar (to balance taste)
- ½ teaspoon saffron strands
- Mixed spices –
 - 1 teaspoon cumin, ground
 - 1 teaspoon coriander, ground
 - 1 teaspoon cinnamon, ground
 - 1 inch piece fresh ginger peeled and chopped
- 1 cup or more chicken broth/cooking liquid
- ¼ cup chopped mint
- ½ cup of blanched, slivered almonds
- ¼ cup pistachios
- salt to taste
- black pepper to taste
- 2 cups basmati rice cooked with chicken broth and water
- one cooked beet, chopped and placed in ¼ cup water with 1 teaspoon rose water



- crushed dried rose petals
- 1 teaspoon saffron ground with ½ teaspoon sugar
- ¼ to ½ teaspoon turmeric
- ¼ cup parsley, ¼ cup mint mashed with 2 tablespoons water for juice
- chopped mint

Instructions

1. Boil a little over 1 pound of chicken thighs and legs until meat is done. Remove from bone and chop in chunks, strain and reserve broth.
2. Cut onion into thin slices, Cut quinces in quarters, remove cores and bad spots. Cut into large dice.
3. Heat 2 tablespoons of sesame oil, add chicken and onions. Fry until onions are soft. Add quinces and cook until softened.
4. While cooking grind saffron strands with 1 tablespoon of sugar. Add hot water to mixture and steep.
5. After quinces begin to soften, add broth if necessary. Then add in the saffron/sugar water, rinsing container to get all saffron. Add the mixed spices, mint, salt, pepper, sugar and almonds/pistachios.
6. Cook for 5-10 minutes, taste for balance of salt, sweet (sugar) and acid (lemon), as well as the other spices. Correct if necessary. Dish will balance according to the tartness/ripeness of the quinces.
7. Take the warm rice and divide into thirds
8. For yellow prepare the saffron as before grinding 1 teaspoon of saffron threads with ½ teaspoon of sugar. Then add warm water. When colored add to rice with a bit of turmeric to brighten color.
9. For the purple/pink mix the juice of the beet with 1 teaspoon rosewater. Add to the rice with crushed dried rose petals
10. For the green add the strained parsley/mint water and some chopped mint.
11. Place the rice on a plate or bowl in 3 sections and the chickens with quince in the center. Garnish with mint and rose petals.

Adapted from *Scents and Flavors, A Syrian Cookbook*
 Translated by Charles Perry, Forward by Claudia Roden; New York university Press (2020)
 ISBN: 9781479800810 (paperback)

Recipe 5.45, 5.46 on page 34

Mixed spices Adapted from *A Book of Middle Eastern Food*
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4

General Features of Middle Eastern Food -spice mixture topics under page 26-27

The chicken and quince recipes appear right after the rhubarb recipes that I dearly wanted to try but fall is the wrong season. Jayme Hume of Blak Rose provided the quinces from his garden, so I was able to try a similar taste profile with a fruit of the fall. The rose petals were gathered by Hanse von Bek of Owlsherste from his garden (sorry they were forgotten when dressing the plate).

The original time that I did Rice in 3 colors was long ago at the Blak Rose sponsoring of the East Kingdom University when Timothy and Gabriella were King and Queen of the East (in the Aethelmarc – before-times). Glad to try it again with tweaks on flavors encouraged by Caledonia Colony's fellow cooks Aurora, Griffin and D'Oryen.

Tabbouleh

Prepared by Seraphina

Ingredients:

- ½ pound (2 cups) bulgur wheat (fine or coarse, as texture that you prefer
- 2 scallions chopped, with green tops
- ¼ cup chopped red onion
- ¾ to 1 cup of chopped parsley
- 1 small cucumber, seeded and diced small
- ¼ cup chopped fresh mint, or 2 ½ tablespoons dried mint
- ½ teaspoon salt or more to taste)
- ½ teaspoon black pepper or more to taste)
- 5 tablespoons olive oil
- 5 tablespoons lemon juice

Instructions:

1. Soak bulgur in water for half hour to expand and soften, drain.
2. While bulgur is soaking peel, de-seed and dice the cucumber. Lightly salt and place in a colander to drain for a half hour.
3. Mix the bulgur, scallions, onions salt and pepper.
4. Add the parsley, mint, olive oil and lemon juice. Taste for seasoning balance and correct.
5. Add in the drained cucumber
6. Serve on lettuce leaves or with pita.

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974
ISBN: 0-394-71948-4
Tabbouleh/Cracked wheat Salad, page 74*

Pancar Salatsi/Beet Salad

Ingredients:

Prepared by Gerhard Stormeclocke

- 1 pound beets
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 cup of plain whole milk yogurt (not greek)
- salt
- 1 tablespoon finely chopped parsley or tarragon for garnish
- Optional: 1 teaspoon of orange blossom water and dash of cinnamon

Instructions:

1. Cut top and root end from beets. Boil them in water for 30-40 minutes, until tender when pierced with a sharp knife
2. Rinse under cool water and slip the peels off the beets, using a paring knife if necessary for stubborn spots
3. Cut beets in round slices, then the slices into sticks.
4. Mix lemon juice, olive oil, yogurt and salt in a bowl large enough to hold the beets. If using the orange flower water and cinnamon, add them too. Beat well.
5. Fold the beets into the yogurt dressing. Garnish with the chopped parsley

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974
ISBN: 0-394-71948-4
Beet Salad, page 68*

*The New Book of Middle Eastern Food
by Claudia Roden; Alfred A. Knopf(2008)
ISBN: 0-375-40506-2
Pancar Salatsi/Beet and Yogurt Salad, page 93*

*Bottom of the Pot: Persian Recipes and Stories
by Naz Deravian; Flatiron Books (2018)
ISBN: 978-1-250-13441-7
Borani-yeh Laboo/Yogurt beet dip, page 49*

Second Remove

Rishta – Lamb and noodles

Prepared by Aurora (lamb), Orlaithe and Stephen (noodles)

Ingredients:

Stew/Sauce:

- 1 lb lamb, cut into small cubes or chunks
- 1 tablespoon oil
- 1/2 stick cinnamon
- 6 T cooked/ peeled chickpeas (canned will do)
- 1 t salt
- 3 T brown lentils
- water

Noodles:

- 2 c semolina flour
- 1/2 c water

Instructions:

1. Make the noodles combining semolina flour and water in either a mixing bowl or the bowl of an electric mixer.
2. Knead the dough until elastic.
3. Divide dough into 2 portions and wrap in plastic or cover with towel to rest.
4. Heat a pot with oil and brown the chunks of meat.
5. Add the water to cover the meat.
6. Add the chickpeas, lentils and cinnamon stick. Add more water if necessary to cover.
7. Bring to a boil, then take down to a simmer.
8. Cook for an hour until meat and lentils are cooked through.
9. While meat is cooking make the noodles.
10. Take a piece of dough and roll out as thin as possible. A metal roller pasta machine or a rolling pin may be used.

11. Let the sheets of pasta dry for a few minutes, sprinkle on white flour if necessary to keep from sticking.
12. Cut into very thin noodles using a knife, roller or the machine,
13. To cook the noodles, you can either cook al dente and add to the stew until the water is absorbed, or you can add more water to the stew and cook in the stew.
14. To cook in the stew, add additional water and bring to a boil, add noodles and continue to stir so that they do not stick to the bottom of the pot. The dish is done when noodles are cooked and liquid is absorbed.
15. To cook separately, you can steam the noodles like cous-cous for 10 minutes, shock them in cold water, then put them in the pot. This method allows you to make the noodles ahead of time and separate them into strands.

Adapted from *Cariadoc's Miscellany*
http://www.pbm.com/~lindah/cariadoc/islamic_wo_veggies.html

I first worked this recipe after a class at Pennsic that Cariadoc taught. We had lamb that we brought from our flock to Pennsic that needed to be used. It was a delicious dish, but lacked color due to cooking in cast iron and the noodles made with semolina have a better bite and staying power to them than the first try with white flour.

Kibbeh bil Sanieh

Prepared by Aurora, Griffin and Celine

Ingredients:

For top and bottom:

- 2 cups fine bulgur
- 1 pound ground lamb
- 1 large onion, grated or finely chopped
- 1 ½ teaspoons salt
- 1 teaspoon ground black pepper
- Ice water – for consistency



For baking

- Melted butter, up to 1 stick (8 tablespoons)

Instructions:

1. Rinse the bulgur in a sieve to moisten.
2. Puree the onion in a food processor.
3. In a bowl add the meat, salt and pepper and puree into a paste. Or alternately put several times through a food grinder or beat ingredients in a mixer. The result should be a smooth paste.
4. Add in the bulgur and process in batches in food processor or in the bowl of a mixer or mix with your hands. Add water a few tablespoons at a time until the paste is smooth and elastic
5. Set oven to 375 degrees
6. Place parchment in bottom of a 10 x 14 inch baking pan. Butter or oil the pan
 1. Press the meat and bulgur mixture smoothly around bottom of pan. Use parchment or plastic wrap and a rolling pin if necessary to roll out for uniformity.
 2. When the entire pan is covered and smoothed, cut diagonal lines across the pan to create lozenge (diamond) shapes. Also run the knife around the sides of the pan.
 3. Place a pine nut or almond sliver in the center of each lozenge.
 4. Slowly pour melted butter over the pan and have it go in the cuts that were just made.
 5. Bake for 40 minutes to an hour. You can baste with stock or more butter if it appears to dry too fast. It will be crispy and golden brown when done.
6. Remove pieces to tray and serve hot or cold

*Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974
ISBN: 0-394-71948-4
Kibbeh bilSanieh/Kibbeh on a tray, page 229 ref, page 227-228*

*The New Book of Middle Eastern Food
by Claudia Roden; Alfred A. Knopf(2008)
ISBN: 0-375-40506-2
Kibbeh bilSanieh/Kibbeh on a tray, page 270-271*

Labna – yogurt cheese

Prepared by Griffin, D'Oryen, Serafina and Thorfina

Ingredients:

- 1 – 32 ounce container plain full fat yogurt (not Greek). Dannon and Stonyfield work well, as do local ones.
- ¼ teaspoon salt
- Cheesecloth, butcher's twine
- Dried mint
- Dried sumac
- Optional: any other powdered or crushed, dried herbs or spices



Instructions:

1. Cut a large square of cheesecloth (at least 12 x 12 inches) and a 1 foot length of butcher's twine.
2. Drape the cheesecloth inside bowl so that it is open. Dump entire contents of yogurt container into cheesecloth.
3. Gather the corners of the cloth and tie with a length of butcher's twine.
4. Hang this over night suspended over a bowl until all the liquid has come out.
5. The next day take down the cheese and open the cloth, there will be a solid lump of creamy cheese
6. Either place the cheese in a container to refrigerate for later or in a bowl for further processing
7. Labna can be mixed directly with herbs for a spread or dip, or you can use a scoop, spoon or your hands to roll into balls and then into different herbs and spices.

Adapted from A Book of Middle Eastern Food
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4
Labna/Cream Cheese, page 81

The New Book of Middle Eastern Food
by Claudia Roden; Alfred A. Knopf(2008)
ISBN: 0-375-40506-2
Labneh, page 112

Third Remove

Layered Chicken with lentils and Walnut sauce

Prepared by Celine

Ingredients:

- 8 ounces red lentils, soaked overnight
- 8 ounces split green mung beans soaked overnight
- 8 ounces cooked chicken
- 3 eggs
- salt, ½ tsp per lentil and mung layer, 1 teaspoon for chicken layer
- white pepper, ¼ tsp per lentil and bean layers
- 1 teaspoon long pepper, ground – for chicken
- For sauce: ¼ cup toasted walnuts, ¼ cup olive oil, 2 tablespoons of honey, dash of salt.

Instructions;

1. Drain mung beans and place in food processor with one egg, ½ teaspoon salt, ¼ teaspoon white pepper. Grind to a smooth paste. Place in a bowl
2. Drain red lentils and place in food processor with one egg, ½ teaspoon salt, ¼ teaspoon white pepper. Grind to a smooth paste. Place in a bowl
3. Place chicken in food processor with one egg, 1 teaspoon salt, 1 teaspoon long pepper. Grind to a smooth paste. Place in a bowl
4. Put parchment in the bottom of 2 bread pans so that it is up over the sides (to use as handles later.
5. Place an even layer of the mung bean paste in each pan.
6. Place a layer of the chicken paste in each.
7. Places a layer of the red lentil on each pan
8. Chill for at least an hour.
9. Lift the layer carefully and place either on a steamer on the stove or on a baking rack in the above a pan of hot water that is sealed with foil over the layer in the oven at 375 degrees.
10. Cook for 30 minutes or until firm to touch,

11. Cool and cut into triangles.
12. Toast walnuts and chop or grind finely
13. Combine with honey, olive oil and salt
14. Serve the sauce on side as a dip or drizzled over the triangles.

This dish is a creation of Celine Elisabeth de Meaux based on flavors and techniques of middle eastern and mongol techniques of steaming pastas and dumplings. The original dish was for a Pennsic seige cooking that is run by .Alizaundre de Boef at Pennsic each year. In 2010 the judges were Alizaundre, Tempus Perigrinator and Klaus the Toymaker,

It was done as 'filled pastas' of alternating colors that were steamed. Provided items included the lentils in green and red, walnuts, honey, egg, and olive oil. The lentils were soaked and pushed through a colander to achieve the consistency, rather than using a modern food processor. Original also had green lentils rather than split green mung beans. This was one of several dishes.



Chickpea and Carrot Salad

Chickpea peeling by Orlaithe, Thorfina, Griffin and D'Oryen , other preparations by Griffin and Stephen

Ingredients

- 3 cups cooked, peeled chickpeas
- 2 carrots cut into matchstick pieces
- 1 small red onion chopped finely
- juice of 2 line or lemons
- salt
- fresh ground pepper
- Olive oil
- ¼ cup chopped cilantro leaves

Instructions

1. Peel chickpeas, cut carrots, chop onions and chop cilantro
2. Combine all with the citrus juice, salt, pepper, and olive oil

I do not have a book reference for this item. We had it at in our camp this Pennsic 49 (2022) with the addition of some finely chopped jalapeno pepper. It was a fine salad for a warm summer day.

Salad-e khiar-o anar/Cucumber and Pomegranate Salad

Pomegranates peeled and separated into seeds by Orlaithe, salad prepared by Gerhard Stormeclocke

Ingredients :

- ½ cup chopped scallions
- ½ cup chopped fresh mint or 1 tablespoon dried mint
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 large cucumber, peeled, seeded, and diced
- 1 tablespoon chopped parsley
- Seeds of 1 pomegranate
- 1 fresh lime peeled, with section sliced out of skin, and chopped

Instructions:

1. Chop all ingredients to dice.
2. Combine ingredients thoroughly

New Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies
by Najmieh Khalili Batmanglij; Mage Publishers (2006)

ISBN: 0-934211-34-5

Salad-e khiar-o anar/Cucumber and Pomegranate Salad, page 29

Desserts and Finishes

Hais

Prepared by Seraphina

Ingredients :

- Pitted Dates- 600 grams
- Almonds- 150 grams
- Pistachios- 100 grams
- Unflavored Bread crumbs- 300 grams
- Clarified Butter/Pure ghee- 100 grams
- Honey- 125 grams
- Green Cardamom- 8-10 no
- Cinnamon powder- 1 tsp
- Sugar- For sprinkling

Instructions

1. Soak almonds & pistachios in water for 2-3 hours. Remove skin & roast them lightly.
2. Grind them coarsely in food processor. Remove & keep aside.
3. Blend together bread crumbs & pitted dates in the food processor.
4. Once well blended add ground almonds & pistachios & blend to mix well.
5. Remove from processor & add ground green cardamom, cinnamon powder, clarified butter (pure ghee) and honey.
6. Knead into a dough & make 45-50 balls.
7. Roll few Hais (sweet balls) into sugar. Roll the remaining first in honey and then into coarsely ground almonds & pistachios.

<https://www.cookarecipe.com/desserts/hais-middle-eastern-dessert/>

Perfumed Melon

Prepared by Orlaithe (pomegranate), Serafina and Thorfina (melon)

Honeydew melon adorned with jewel-like pomegranate seeds, then perfumed by the addition of powdered cardamon and rosewater to taste. Be careful, a little of each goes a long way, and if added in advance the perfumed scent and flavor grows.

Asian Pears

Prepared by Serafina, pears contributed from D'Oryen's and Celine's garden

Crisp Asian pears are a delightful treat on their own or with honeyed labna and a sprinkle of cinnamon.

Drink

Sekunjabin

Dissolve 4 cups sugar in 2 1/2 cups of water; when it comes to a boil add 1 cup wine vinegar. Simmer 1/2 hour. Add a handful of mint, remove from fire, let cool. Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup). The syrup stores without refrigeration.

Cariadoc's Note: This is the only recipe in the *Miscellany* that is based on a modern source: *A Book of Middle Eastern Food*, by Claudia Roden. Sekanjabin is a period drink; it is mentioned in the *Fihrist* of al-Nadim, which was written in the tenth century.

<https://www.pbm.com/~lindahl/cariadoc/drinks.html>

<http://www.florilegium.org/files/BEVERAGES/Sekanjabin-art.html>

Adapted from *A Book of Middle Eastern Food*
by Claudia Roden; Vintage Books Edition (1974)
ISBN: 0-394-71948-4
Sekunjabin, page 444

The New Book of Middle Eastern Food
by Claudia Roden; Alfred A. Knopf(2008)
ISBN: 0-375-40506-2
Sharbat Sekunjabin, page 485