MAKING SANDWICHES, ROLLED UP (BAZMĀWARD) AND STUFFED (AWSĀT)

A recipe for making bazmāward (rolled up sandwiches),

Baghdadi style:

Prepare meat by pounding it the way you do with sausages (laqāniq). Add a small amount of kidney fat, onion, fresh herbs (abzār rušt), and rue. Add to these, coriander, black pepper, caraway, cumin, spikenard, cloves, nutmeg, ginger, and cassia, [all] pounded. Break 5 eggs on the meat mixture and add a little chopped garlic and onion. Pound the mixture until it blends very well.

Spread caul fat (ṭarb) of sheep on a soft ruqāqa (thin sheet of bread). Let it cover as much as possible of the bread. Spread the pounded meat mixture on the caul fat.

Take 5 boiled eggs, peel them but leave them whole. Arrange them in a row along the spread meat paste. Tightly roll up the ruqāq bread with what is spread on it, and truss the roll with clean intestines. Put the roll on 4 sticks (35v) of khilāf tree (willow) and tie it with a thread so that it stays intact. Lower it into the tannūr and place it on a flat tile (ājr) put directly on the fire.

When the roll is done, take it out of the oven and slice it crosswise into bazmāward (slices). Arrange the pieces on a platter (jām) and serve them with Nabatean murrī (liquid fermented sauce) or mustard, God willing.

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1 The bread is spread with a filling and then rolled up like a Swiss roll. To serve, it is cut with a special long and sharp knife called sikkīn al-bazmāward (al-Tannūkhī Nīṣwār al-Muhādara 129). See Glossary, Section 6. The sandwiches are passed around for guests to nibble.

2 The adjective used is Madāni which refers to Baghdad. Cf. Madāni used with reference to the city of the Prophet Muhammad, Madīma, and Madānī with reference to the city of Madī’in in Iraq (Lisān al-‘Arab, s.v. مدن).

3 The recipe in Istanbul MS mentions meat from the leg but does not specify which kind.

4 Ṭarb is a transparent sheet of fat that covers the stomach and bowels of the animal. Today in Iraq it is called mandil (literally, ‘handkerchief’).

5 See Glossary, Section 3, s.v. murrī Nabāṭī.