

diate course consists of a great variety of dishes. Among the more common and characteristic are mutton in small bits roasted on iron skewers, with slices of either apples or artichoke bottoms and onions between each piece; mutton minced small and beat up with spices into balls, which are roasted on skewers. Mutton or lamb stewed with gourds, roots, herbs, and chiches; fowls, pigeons, and sometimes quails and other small birds, boiled or roasted, but more frequently made into ragouts. The Mahshi or Mashee is the dolma of the Turks, and is composed of mutton, rice, pistachios, currants, pinenuts, almonds, suet, spice, and garlic, which are enveloped all together in a badinjam, cucumber, or gourd. The Mahshi is, in the absence of these, enveloped in the leaves of vine, endive, beef, or borage, and is then called Yaprak. A lamb, stuffed in the same way and roasted entire, is called Kharuf, or Kharuf Mahshi. Minced meat, with pomegranate seeds, is also spread upon thin cakes and baked in an iron plate (Lahem agin). Sausages, a great variety of pies (Sambusak), and sweet dishes and pastry (Baklawa, Kunafi, Burak); the former made with honey or dibs (juice of grapes). A few plates of sweet flummery (Faluzza) are served up by way of dessert; and last of all appears a large bowl of Khushaf, which is a decoction of dried figs, currants, apricots, cherries, apples, or other fruits, made into a thin syrup, with pistachio nuts, almonds, or some slices of the fruit, left swimming in the liquor. This is served cold and as a drink.

Eggs—yurmurta in Turkish, baydat in Arabic—constitute one of the main resources of Turkish diet, and are also often the only resources for the traveller. They are generally served up fried and swimming in yagh or ghee, and this with the common cake like bread, dipped in the butter is rather relished than otherwise. Plenty of yagh-urt takes away the richness. We have spoken of the royal dish of the Arabs, fried eggs and dates—it would appear coarse as contrasted with the refinements of sweet dishes, but it is admirable in Arabia. There are not wanting those who can make omelettes, called by the Greeks Sphuggaton, and can poach eggs; but they are not often met with. The Servians make an omelette by sprinkling flour of maize on fried eggs, and turning them in the pan. They call this prevrata or prevratusha. The traveller has one comfort, that he can generally find eggs in any village, although they are sometimes wanting in the post-houses, Khans, and Kirwan serais or caravansaries.

*(To be continued).*