

foot. It may be remarked here that as a rule geese and ducks are little eaten in Turkey, and indeed not to be met with in most parts of the country, being considered as unclean. This prejudice is, however, gradually going by. Turkeys are also rare, but they are to be found among the Bithnyians, who probably rear them for the Constantinople market. Hares and game are also rarely eaten because of the difficulty of bleeding them before they die. Hence it is that fowls constitute so large a portion of the food of the country.

Most of the middle and better classes in Turkey are partial to made dishes, and hence what the French call ragouts and fricasees constitute accessories to every guest dinner. The most common of these side dishes is made of cuttings of mutton, fowl, or even beef, seasoned with onions and red pepper, and the whole stewed down together. Sour milk is sometimes added, to the discomfort of a European guest. Stewed mutton is called *kapama* by the Greeks, *jagnenie* by the Sclavs. When green or white haricots are added, the Greeks call it *kukie*. With sorrel, currants or raisins, and aromatic herbs, it becomes the *musaka* or *musaku*, of the Greeks.

The *dolma* has been already alluded to, and with a slight variety, in preparation, as with onions or sour milk, but still in vine or other leaves dipped in butter, the said sausage is admitted to table under the name of *Sarma*; when served without vine leaves the same mixture of rice and chopped meat is called *Kuftala* by the Turks, and *Kiephtedes* by the Greeks. Oblong cuttings of mutton constitute the *Puffburek*. The Greeks are acquainted with mutton and lamb chops, and call such *Keptheles*. Ragouts are also made of sheep kidneys and liver, and these are sometimes served up with ox tongue, tomatoes, onions, or white haricots. Sheep's trotters are reduced to a state of gelatine with eggs and vinegar, and called *Patsche*. This abominable mixture is often encountered in other made dishes. Few Europeans would struggle against the vile compound, still less so if, as is often the case, the whole is strongly flavored with garlic.

Among the Arabs of the higher class the first dish is almost constantly soup (*Shurba*), and the last the *pilau*. The interme-