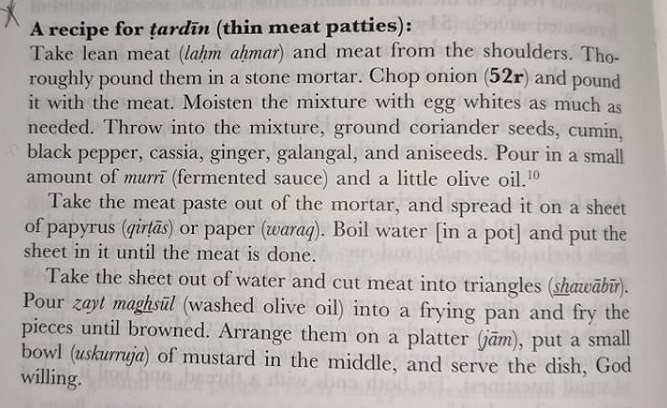
Tardîn

By Lord Andriu mac Domhnaill

This is the original recipe from Annals of the Caliphs' Kitchens, Ibn Sayyār al-Warrāq's Tenth-Century Baghdad Cookbook. English translation by Nawal Nasrallah:



**My redaction:**  
2lbs lean ground meat (in this case beef)  
1 small onion diced  
Whites if 2-3 large eggs  
1 tsp Aniseed  
1Tbsp Coriander  
1Tbsp Ginger  
1Tbsp Galengal  
2 tsp Black Pepper  
1.5 Tbsp Cummin  
1.5 Tbsp Cassia  
2Tbsp Olive oil (for the meat)  
2 Tbsp Soy Sauce (Murri substitute)  
  
1/2 - 3/4 C Olive oil for frying  
  
Place pot of water on stove and bring water to a boil. Combine all ingredients in a bowl. Spread meat mixture on parchment paper. Flatten until approximately 1/2 inch thick. Fold paper around meat and carefully place in boiling water and let cook for 5-10 minutes. Meat will be firm. Remove from water. Cut into triangles. Heat remaining Olive oil in shallow pan. Carefully add triangles to heated oil and fry until browned. Approximately 1-2 minutes per side. Serve with mustard.