

**Sha'ar Armchair Pilgrim Supper Club with Rav Haim Ovadia
and musical guest Dan Nadel**

Sunday, October 18, 2020: Baghdad, Iraq

Trip Recipes and Background Resources:

Citrus Pomegranate Arak Mojito

(Mocktail variation: To make this drink as a mocktail or non-alcoholic variation, leave out the arak or liquor. If you want to keep the anise flavor without the addition of alcohol, you can add an anise infused syrup to the drink.)

*1 cup measurement is equal to ~8 liquid ounces and ~236 ml. 1 liquid ounce is ~30ml.

Ingredients (2 drinks)

1. 1.5 to 2 oz of mint leaves a large bunch
2. ~½ cup honey adjust to taste based on your preference and sweetness of fruit juices
3. 0.38 cups of arak or about 1 ½ ounces per drink, adjust more or less based on your preference– can use raki, ouzo or pastis if unable to find arak
4. 0.25 cup of chilled pomegranate juice or sparkling pomegranate soda
5. 0.31 cups of chilled mixed citrus juice: I used ½ cup of freshly squeezed blood orange juice + ½ cup of freshly squeezed mandarin or tangerine juice + ¼ cup of freshly squeezed lime or lemon juice
6. ~ 1 cup of chilled sparkling water or club soda adjust to taste
7. Ice as needed

Garnishes:

- 0.25 to 0.5 cups of fresh pomegranate arils
- Assorted citrus fruit slices: blood orange mandarin, lemon, limes, oranges, kumquats, etc

Instructions:

1. In a pitcher, muddle a couple handfuls of the mint leaves with the honey, don't overly mash the leaves. The goal is to gently mix and release the minty oil and flavor.
2. You can add the arak at this point, or add it later when serving each individual glass. Adding it later gives the flexibility of adjusting the amount of alcohol based on each individual's preference.
3. Add a handful of ice cubes and some of the citrus slices/pomegranate arils as well as additional mint leaves.

4. Add the pomegranate and citrus juice mix, stir well, and taste. Add additional honey if needed and top off with sparkling water. Finish by adding a few more citrus slices/arils/mint leaves.
5. Add ice cubes and garnishes to each individual glass; pour the drink into each glass, add the liquor at this point if it wasn't added before. Stir gently and top off with additional sparkling water or club soda if needed.
6. Serve immediately.

Tabyeet or Tannoori (Baked Chicken with Rice)

We invite you to try this Iraqi chicken recipe to enjoy during our program (Make it vegan and substitute tofu or butternut squash and other vegetables for the chicken!)

This dish was usually prepared in advance for Shabbat. It was cooked on Friday afternoon and placed on very low embers to keep it warm until the next day.

2 cups uncooked long-grain rice.	4 tablespoons chicken fat or margarine
2 tablespoons plus 1teaspoon salt	1/8 teaspoon freshly ground black pepper
1 chicken broiler	1/8 teaspoon ground turmeric
4 cups boiling water	
1 teaspoon tomato paste	dash of cinnamon
2 cardamom pods or 1/4 teaspoon ground cardamom	dash of ground cloves

Wash the rice and soak it in hot water with 2 tablespoons of salt for 2 hours or overnight. Wash the chicken thoroughly . Put the fat in a fairly large ovenproof pot (preferable stainless steel), about 10 inches wide with a heavy bottom. Add pepper and turmeric and place over high heat until very hot. Reduce the heat to medium. Add the chicken and saute lightly on all sides, then add 4 cups boiling water, 1 teaspoon salt, tomato paste and the remaining spices.

Cook for about 30 minutes. Transfer the chicken from the pot onto a plate.

Drain the rice and add it to the cooking liquid. Cook for about 10 minutes, or until all liquid is absorbed. Put the chicken in the center of the rice, forcing it into the bottom of the pot.

Place in a preheated 400 degree oven for 30 minutes; reduce the heat to 250 and bake for 2 to 3 hours. A hard crust will form at the bottom of the pot. Remove the pot from the oven, sprinkle 2 tablespoons of cold water on top of the rice, cover, and let stand in the sink for 2 to 3 minutes; this helps to loosen the bottom crust.

Lift out the chicken first and put it in the center of a large round platter. Dish out the rice and heap around the chicken. Remove the hard crust with a spatula and arrange on top of the rice.

Makes 4 servings.

This recipe comes from the cookbook, [The Best of Baghdad Cooking with treats from Teheran](#) by Daisy Ivy. The author was born in Iraq and lived in Iran and Lebanon before moving to the USA. The book was published in 1976.

My Sephardi friends in London whose Iraqi parents moved to Mumbai use this recipe regularly for Shabbat. It's a great hit with their English family!

--Pene Raphaely, Sha'ar Flight Crew

Background Resources

<https://diarna.org/interviews/ruth-pearl-daniels-mother-recalls-jewish-baghdad-2/>

<https://diarna.org/exhibits/the-schools-of-the-alliance-israelite-universelle/>

<https://asfiye.blog/2019/07/21/on-a-journey-to-deconstruct-labels/>

All trips run from 7pm-8:30pm EST, are free of charge, and open to everyone. [Donations](#) are always appreciated. Register [here](#) for your boarding pass to Baghdad. For more information call Pene Raphaely at 212-787-5378 or email peneraph34@gmail.com.