

A well-seasoned stuffing that you may prepare almost ready to serve.

halves. Scoop out the pulp. Chop the pulp into ¼-inch

the eggplant pulp, onion, stir-fry over moderate heat for and continue to stir-fry for 5 rate the liquid that accumu-

egg whites together and stir

baking dish with margarine as though one were baking a

halves and smooth over the pastry brush, spread egg yolk crust. Bake in a 350° F. oven

hes.

T'FINA CAMOUNIA

Cumin-Flavored Beans and Beef

T'fina is an exclusively Tunisian Jewish method of preparing a major dish for the Sabbath. This is one of the several types of *t'fina* that usually contain dried white haricot beans, meat and seasonings. *T'fina* is prepared similarly to the Ashkenazi method of setting up *cholent* for the Sabbath.

The vegetarian method from the first part of the recipe can be prepared anytime at all without reference to the Sabbath. For the American kitchen, the *t'fina* with meat can be assembled early in the morning, cooked over very low heat for 8 hours (using a heat dispersal pad when half through cooking time) and served the evening of the same day.

- 1 pound dried white beans
- 4 cups water
- 5 garlic cloves, put through the press
- 3 teaspoons ground cuminseed
- 1¼ teaspoons salt
- 2 teaspoons paprika
- 1 tablespoon tomato paste
- 1 ripe tomato, chopped fine (½ cup)
- 3 tablespoons corn oil
- 1 pound potatoes (about 3), cooked in their skins until soft, peeled
- 3 large eggs, beaten
- ⅛ teaspoon ground turmeric

1. Soak the beans in water to cover overnight, then drain. Add the 4 cups water and beans to a large pan and cook them over low heat until they are soft but not disintegrating, about 45 minutes.

2. Mix together the garlic, cuminseed, 1 teaspoon salt, the paprika, tomato paste and chopped tomato. Heat the oil in a skillet, add the mixture, and stir-fry over moderate heat for 5 minutes. Add to the simmering bean pan and continue to cook slowly for 10 minutes.

3. Mash the potatoes, not too smoothly. Add the beaten eggs, ¼ teaspoon salt and the turmeric and mix. This is the dumpling mixture. For each dumpling, take 1 heaping tablespoon of the mix

and drop it into the simmering bean pan. Do this with all the potato purée. Cover the pan and cook at low heat for 15 minutes.
Serve hot. Serves 8 with bread and salads.

VARIATION:

2 pounds boneless beef chuck, cut into 8 pieces
8 eggs in the shell
4 small potatoes, 1 pound, peeled

1. Using the vegetarian bean ingredients in the basic recipe, put the white beans in a large pan. (Do not soak overnight.) Add the 4 cups water, garlic, cuminseed, salt, paprika, tomato paste and ripe tomato to the pan. Place the pieces of beef over that. Arrange the eggs and potatoes around the top of the meat. Cover the pan and bring to a boil over moderate heat. Reduce heat to very low and cook, if using the traditional method, all of Friday evening, to be served warm about midday on Saturday.

Serves 8.

CHAKCHOUKA DE SAIF

Summer Vegetable Melange

Vegetables in Tunisia are more seasonal than in the United States, where supermarkets carry almost everything throughout the year. Thus the *chakchouka* is possible in Tunisia only in the summertime when all the vegetables are available. It is a complete vegetarian meal, aromatically seasoned and with a small amount of sharp spice. My Tunisian cook emphasized that the aniseed, paprika and pepper were added toward the end of the cooking since this also eliminated the possibility of an aftertaste or, shall we say, a "burp."

3 tablespoons corn oil
1 pound onions (about 4), sliced
1 pound ripe tomatoes (about 3), sliced
1 pound green peppers (about 3), seeded, sliced
2 fresh artichoke hearts, sliced