Mishmishiyya (Apricot Stew)

Adapted from a cookbook written in mid–later part of the 10th century, the Kītāb al-Tabīkh was written by al-Warrāq in Baghdad. The cookbook contains 615 recipes that he compiled from 20 cookbooks written by or for the elite of Baghdad. This book has been translated into English by Nawal Nasrallah as Annals of the Caliphs’ Kitchens: Ibn Sayyār al-Warrāq’s Tenth–Century Baghdadi Cookbook.

Ingredients:
Serves two

- 1 yellow onion, finely chopped
- 1/2 inch of ginger, peeled and finely chopped
- 1/2 tsp ground cinnamon
- 1/2 tsp ground coriander
- 1/2 tsp ground fenugreek
- 5-6 chopped pitted and coarsely chopped apricots or 3-4 coarsely chopped peaches
- 8 oz chicken (thighs preferred)

Be warned! This recipe is richer than it sounds.

Finely chop the onion and fry until golden brown. Add the ginger and cook until fragrant. Then add the spices and cook these for 1-2 minutes, adding water if the mixture has a tendency to stick. Add the chopped apricots and cook until they are soft, adding more water if the mixture continues to stick. When the apricots are soft, add the chicken and cook until the chicken is done. Serve on rice or couscous.