

Preparation procedures:

To boiling water, they add the dried meat, oil, small pieces of onion and salt and allow it to cook for about half an hour. They then add the okra and other spices and allow this mixture to cook for another five minutes. After this, the mulaaH sharmuut is ready to eat with 9asiida or kisra.

mulaaH - tagaliya - Essentially the same ingredients that are used in mulaaH sharmuut are used in mulaaH tagaliya, with the addition of dried tomatoes and more onions. (Dried tomatoes are obtained from village shops.) However, the preparation procedures are different.

Preparation procedures:

First they cut up onions into small pieces and fry them in oil until they turn a yellowish color. This substance is mashed up and added to boiling water with dried meat, dried tomatoes and salt and allowed to cook for half an hour. To this mixture okra and spices are added, and allowed to cook for a few more minutes. After this, the mulaaH tagaliya is ready to serve with 9asiida or kisra.

mulaaH - roob - The main ingredient in this mulaaH is milk (cow or goat) which has had the fatty parts removed. To do this they put fresh, unboiled milk into a medium size container called a bukhṣa and shake this container for one to two hours until the fatty parts accumulate at the top. This material is removed and is used to make clarified butter (samin). The remaining part of the milk, essentially a skim milk, is called roob. The normal ingredients that go into a mulaaH roob include roob, groundnuts, onions, okra and salt. The milk used to make the roob is usually obtained from the family's own animals, and the groundnuts are either purchased from merchants or grown in their own fields.

Preparation procedures:

Groundnuts are crushed up and added to the roob with one small piece of onion. This mixture is brought to a boil and allowed to cook for a while. After this, okra and spices are added. This mulaaH is usually served with 9asiida.

mulaaH - luubiya - This mulaaH is made from cow peas (luubiya), dried pieces of small intestines (musraan), okra (weeka), salt and $\text{Na}_2 \text{Co}_3$ (9atruun)¹

Preparation procedures:

First the cow peas are crushed and ground with a pestle and mortar (murHaaka) and then cleaned with water. This substance

¹ $\text{Na}_2 \text{Co}_3$ or 9atruun is a chalky rock-like substance which is yellow in color and has a bitter taste. It is sold in village shops and is used to help soften cow peas. Millet stems are sometimes used to manufacture this same chemical substance.