

English Translation:

Iraqi cuisine is known for its heavy¹ and delicious foods. Iraqi food is not spicy. Iraqis are sensitive to spice². It does not contain many spices because Iraqis are sensitive when it comes to spices somewhat. All the food is mild. The most famous food is *dolma* which is a group of vegetables: tomatoes, potatoes, eggplants, zucchini, cucumbers, lettuce, lettuce leaves, grape leaves. All of these are stuffed with a mixture. The mixture consists of rice, and minced meat, and minced tomatoes; everything is minced, minced tomatoes, minced onions, spices, tomato paste, and similar things, salt, lemon concentrate, similar things. You stuff the vegetables with this combination, i.e. the original tomatoes and potatoes. This is one of the famous foods that take a long time to prepare.

The second food is *biryani*. *Biryani* is very famous in Iraq. There is meat *biryani*. *Biryani* is rice topped by a mixture. The mixture is simple, potatoes and almonds and angel hair, a very simple thing; all of them are cooked. After the combination is ready, you add meat; it's either meat *biryani*, i.e. lamb, or chicken *biryani*, I mean you find whole pieces of chicken on top. There is beef *biryani* also.

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¹ *Dasma*: “heavy”, indicating a high content of meat and fats.

² I.e. Iraqis do not like spice, in general.