

*Kilmarnock Nursing Association  
in affiliation with -  
Queen Victoria's Jubilee Institute  
3 Charles St. for Nurses. Scottish Branch  
Kilmarnock. Annie Robinson  
Describe the best method of making  
mutton broth.*

*Required: 1 lb. neck of mutton (scrag  
end); 1 oz. whole rice; 1 quart water;  
1/2 tea-spoonful salt.  
Remove all fat from meat; cut the  
meat into small pieces; wash rice.  
Put the meat & salt into a pan, pour the  
cold water over them, bring slowly to  
the boil, skim carefully, & simmer for  
an hour. Then add the rice, bring to the  
boil, skim, & simmer for another hour.  
Remove the pieces of meat & serve hot.  
Ground rice, flour, corn flour, semolina,  
sago, or sago may be used  
instead of whole rice, with the dis-  
solved. The first three must be  
soaked with cold water before  
being added to the broth & need only  
be cooked 1/2 of an hour before the broth  
is added.*

We desire to draw our readers' attention to the examination question given in this issue.

\*\* Other answers received and deserving honourable mention.

"Describe the best method of making Mutton Broth."

NURSE SEIDLER, M.B.N.A. :—

Take 1lb. of neck of mutton, from which remove all fat. Put it in a pudding basin, with sufficient cold water to cover it, then stand the whole in a saucepan of cold water. Let the broth come slowly to the boil, which it ought to do in an hour; then add pepper and salt to taste. The broth must boil gently for two hours, after which strain and put to cool, so that all particles of fat can be removed. When required warm it up in an enamel saucepan. The reason for putting the salt when it has commenced to boil is that the greater part of the juice of the meat has come out. If put before it hardens the meat and keeps the juice in it.

MISS HELEN N. ANDERSON, M.B.N.A. :—

Take 3lb. of the neck of mutton, and add four pints of cold water and a little salt. After coming to the boil, let it simmer slowly for two hours; then add two tablespoonfuls of the best rice, and boil again slowly for an hour. It must be carefully skimmed before serving. If for a family the saddle is the best, as it can be eaten with caper sauce, and with vegetables added to the soup.

MISS EMILY SANDERSON, M.B.N.A. :—

Take 2lb. of scrag end of mutton, as near the head as possible; put it into a saucepan with as much cold water as will cover it, salt, and a tablespoonful of pearl barley or rice (carrot and turnip if the Doctor permit). Let it boil up very slowly, and when it boils skim carefully. Cover the pan, and let it simmer very gently for two or three hours, take out the meat and vegetables. When cold remove all fat.

MISS MINNIE CHAPMAN :—

Take 2lb. of the scrag end of neck of mutton, soak for one hour; after well cleansing, place it in a saucepan, add three pints of water, one carrot, one turnip, and one onion, cut in small pieces, two tablespoonfuls of pearl barley, pepper and salt to taste; allow the contents to gently come to boiling point, but immediately before its doing so carefully remove all scum, after which let it simmer for three hours, then strain, and when cold remove all fat. The flavour can be improved if desired by the addition of parsley and celery.

MISS FLORENCE SHEPPARD :—

1lb. lean part of neck or loin of mutton should be cut into small pieces, all fat and skin removed, and then placed in a pint of cold water on the fire. As the scum rises it should be removed. When it ceases the broth should boil for about two hours, then strained and flavoured. A teaspoonful of pearl barley is often a nice addition when the broth begins to boil.

MISS BARTY :—

Boil 2lb. of the scrag-end of a neck of mutton in about three pints of cold water, and if the patient can digest vegetables, it will be much improved by the addition of a little turnip and parsley finely minced and a small onion. Put in vegetables when the broth boils, add a little salt, and simmer three hours. Take off scum as it rises, strain, and when cold take off fat. A tablespoonful of pearl barley boiled in water for ten minutes, drained, then added to the broth and boiled as long as the meat, is a nourishing addition. Rice or oatmeal can be also used if the

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