

Doctor approves.—By taking 3lb. of the knuckle part of a leg of mutton, a delicate and nourishing broth can be made. Separate the shank bone to lie flat in the saucepan, cover with cold water, add a little salt, also a little pearl barley; stir until the water boils; draw on one side to simmer three hours and a-half; all scum to be removed as it rises.

MISS ALICE ROBSON :—

Take 1lb. of the scrag-end of the neck of mutton, one and a-half pints of water; salt to taste. Cut up the mutton into small pieces, and put into a stewpan; pour over the water cold. When it boils, skim carefully; then let it simmer very gently for two hours; then strain it. Pearl barley or rice are very nice additions, and should be boiled as long as the mutton.

MISS EDITH MATTHEWS :—

To make two quarts of mutton broth take 4lb. of the scrag end of a neck of mutton, chop it into large pieces, removing all fat; place in a stewpan with two knuckle bones of mutton, and pour on five pints of cold water, with a teaspoonful of salt; when just boiling lay aside and let it simmer gently for four hours; watch it and skim frequently. Drain the stock into a basin, and when cool remove all fat. It will then be ready for use.

MISS CATHERINE HEATH :—

Take 1lb. (without fat) of the middle of a neck of mutton, cut up the meat and put it with the bones into a stone jar. Add one pint of cold water, a few slices of carrot, turnip and celery, and a saltspoonful of salt. Cover the jar, and let simmer five or six hours, then strain through a sieve. The vegetables may be omitted if advisable.

MISS SARAH CHILDS, M.B.N.A. :—

Take 1lb. of neck of mutton, one onion, a bunch of sweet herbs, half a turnip, two pints of water, pepper and salt to taste; put the mutton into a stewpan, pour over the water (cold), add the other ingredients; when it boils skim it very carefully; cover the pan closely and let it simmer gently for two hours; strain it, and remove all fat; warm up as much as required. Pearl barley or rice could be added, or a little parsley.

MISS JANE DEARTH :—

Take 1lb. of the scrag end of the neck. Cut it into small pieces, removing as much fat as you can, and put it into a saucepan with two pints of water. Let it simmer gently for four or five hours, skimming it occasionally, especially just at first as the scum rises plentifully. Strain

it through a hair sieve. Next day finish it by removing the fat. This can be thickened (if allowed) with Carolina rice or ground rice, corn-flour, or arrowroot.

MISS KATE AYLWARD :—

The lean part of neck or loin should be chosen. Cut into small pieces, and all superfluous fat removed. About 1lb. of neck of mutton thus prepared should be placed in saucepan; about a pint of cold water; placed on the fire. As the scum rises to top, should be carefully removed; when this ceases, let broth boil for about two hours; strain and flavour. A teaspoonful of pearl barley is often acceptable, added when the broth begins to boil.

MISS SARAH ARTHUR, M.B.N.A. :—

Take 2lb. of scrag of mutton; divide it in small pieces. Put it in a close-covered saucepan with three pints of cold water, half a teaspoonful of salt, two spoonfuls of Scotch barley, six peppercorns, a few sprigs of fresh parsley, a small-sized onion to flavour, if not objected to. Simmer it very gently for two hours. Strain it through a colander, remove the fat when cold, or if wanted immediately skim it well, and take off by kitchen paper.

MISS GRACE WILLARD :—

To make two quarts of mutton broth, take 4lb. of the scrag end of the neck of mutton, cut into large pieces, taking away all fat. Place it in a stewpan with two knucklebones of mutton; pour five pints of cold water over it, adding a saltspoonful of salt. When it is just boiling, put it aside and let it simmer gently for four hours. Watch it and skim it frequently. Drain the stock into a basin, let it cool and form a stiff jelly; remove all fat from surface of jelly.

MISS DORA KELLYAR :—

Take 1lb. of the scrag end of neck of mutton, put it in a stewpan, add two pints of cold water, a little salt and pepper. When it boils, skim carefully, cover the pan, and let it simmer gently for an hour. Strain it and let cool, then remove fat. The broth can be thickened with pearl barley or boiled potatoes mashed very smoothly.

MISS ROSENA ROSE :—

Take 1lb. of the scrag end of neck of mutton, one onion, one turnip, a bunch of sweet herbs, two pints of water, a little pepper and salt to taste; put into a stewpan and let boil for three hours, skim very carefully, then cover closely; let it get cold, take off the fat. You can add pearl barley, rice or oatmeal, whichever the patient likes.

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