

fully skimming the broth well. When done strain, and put by in a cool place until wanted. Then take all the fat off the top, warm up as much as may be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

Mutton Broth (Dr. Ringer).—Scrag end of neck of mutton, 1lb.; water, two pints; of potatoes or pearl barley, $\frac{1}{2}$ lb.; pepper and salt, a sufficiency. Put the mutton into a stew-pan; pour the water over it; add the pepper and salt. When it boils, skim carefully; cover the pan, and let it simmer gently for an hour; strain, let it get cold, and then remove the fat. When required for use add the pearl barley or potatoes in the following manner:—Boil the potatoes, mash them very smoothly, so that no lumps remain; put the potatoes into a pan, and gradually add the mutton broth, stirring it until it is well mixed and smooth; let it simmer for five minutes, and serve with fried bread.

Veal and Sago Broth (Mrs. Clark, "School of Cookery").—Knuckle of veal, 2lb.; cold water, two quarts; pearl sago, 3oz.; salt, a sufficiency. Put the sago in a basin with a little warm water to soak; while the broth is cooking, cut up the veal and put it into a stewpan with the water and salt; let it just boil up and skim it well; then draw it off the fire and let it simmer gently with the lid on for four hours; then strain it and put it back in the stewpan with the sago, and let it simmer for half-an-hour longer; draw the broth off the fire and let it cool a little; beat up two yolks of egg with the milk, and stir into the broth; stir it over the fire again for a minute to cook the eggs, but do not let it boil or they will curdle.

Eel Broth (Mrs. Beeton, "Invalid Cookery").—Eel, $\frac{1}{2}$ lb.; sweet herbs, small bunch; onion, half; peppercorns, ten; water, three pints; cloves, two; salt and pepper to taste. After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises; strain it through a hair sieve; put it by in a cool place, and, when wanted, take off all the fat from the top; warm up as much as is required, and serve with sippets of toasted bread. This is very nutritious, and easy of digestion.

Barley Soup (Dr. Ringer).—Shin of beef, 1lb.; water, one quart and a-half; pearl barley, 4oz.; potato, one; salt and pepper, a sufficiency. Put all the ingredients into a pan and simmer gently for four hours; strain, return the barley, and heat up as much as required.

Sardinian Soup (Dr. Ringer).—Eggs, two; cream, a quarter of a pint; fresh butter, 1oz.; flour to thicken; salt and pepper, a sufficiency. Beat the eggs; put them into a stewpan, and add the cream, butter, and seasoning; stir in as much flour as will bring it to the consistency of dough; make it into balls the size and shape of a nut; fry in butter, and put them into a basin of any sort of soup or broth, to which they make a very nice addition.

Pearl Barley Water ("Family Physician").—Pearl barley, 1oz.; water, pint and half; sugar, a little. Wash the barley in cold water three or four times, throwing away the water each time, as it will be very dirty, or boil it for a few minutes, and then throw the water away; next add the water and sugar; allow it to simmer, stirring it constantly until it is of a very nice thickness; then strain it. If a very slight flavour of lemon is preferred, put a slice of lemon with the barley in the water.

Arrowroot and Black Currant Drink (Dr. Ringer).—Black currant preserve, two large spoonfuls; water, one quart; arrowroot, tea-spoonful. Put the black currant preserve into the water, and stew gently for half-an-hour; then strain it, and set the liquor again on the fire; then mix the arrowroot in cold water, and pour the boiling liquor upon it, stirring meanwhile; then let it get quite cold and strain.

Nutritious Coffee (Dr. Ringer).—Freshly-ground coffee, $\frac{1}{2}$ oz.; isinglass, a little; milk, one pint. Dissolve a little isinglass in water, then put the coffee and milk into a saucepan, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup, and dashing it back again, add the isinglass, and leave it to settle on the hob for a few minutes.

Boiled Soles ("Mrs. Beeton's Cookery Book").—Sole, one large one; water, two quarts; salt, two ounces. Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish kettle, with the water and salt; let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish.

Stewed Oysters (Dr. Ringer, "Dietary for Invalids").—Oysters, half-a-pint; butter, $\frac{1}{2}$ oz.; flour, a sufficiency; cream, one-third of a pint; Cayenne and salt to taste. Scald the oysters in their own liquor, take them out, beard them, and strain the liquor; put the butter into a stew-

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