

MISS M. A. JONES :—

Remove all skin, fat, and gristle ; cut the beef—rump steak is best—into small pieces, the size of dice. Put it into a jar with a narrow neck and tight-fitting lid ; to each pound of beef add one and a-quarter pints of water (cold), small bit of salt ; place the jar in a saucepan of cold water, boil up quickly ; let it remain eight or ten hours. Strain. Fat can be taken off with brown paper. The saucepan should be replenished with boiling water when necessary.

MISS BARTY :—

Gravy beef, 1lb. ; cold water, one pint ; pinch of salt. Cut the meat in very small pieces ; place it in a jar with the water ; allow it to soak for one hour ; stir frequently. Now place the jar, closely covered, in a pan of boiling water (to come half way up the jar). Boil for an hour ; pour beef tea off. Remove any fat floating on it by passing small pieces of kitchen paper over it.

MISS FANNIE SIMMONS, M.B.N.A. :—

Use gravy beef. Remove all fat, and cut up into small pieces ; put into a jar, with a pint of water to each pound of meat. Cover tightly, and simmer in the oven for four hours. Stir before using.

MISS AGNES S. BRADWELL, M.B.N.A. :—

Take 2lb. of gravy beef ; cut it up fine, removing every scrap of fat and skin ; place this in the inner part of a double saucepan, with a teaspoonful of salt and two pints of cold water ; let it stand fifteen minutes ; have the outer part of saucepan three parts full of boiling water ; place the inner part in it, and boil very quickly for four hours ; then stir up the liquid and pour it off, removing every particle of grease with a piece of white blotting paper. It is then ready for use.

MISS JOANNA S. ANDERSON :—

The beef should be very tender and juicy. Remove all fat and skin ; cut up in small pieces, and place in a pan or jar with cold water and a small pinch of salt (a pint and a-half of water to one pound of beef). Cover the jar very closely and allow it to come very slowly to boiling point ; then simmer gently for two or three hours. Thoroughly skim and strain before serving. Where beef tea is being made constantly it is a good plan to cut up the beef, pound it well, and place in cold water, and allow it to stand all night before boiling.

MISS N. CLEAVER, District Nurse :—

From 1lb. of rump steak, or buttock, remove all fat, skin, and gristle. Chop up the beef into

small cubes, about the size of dice, and put into an earthen jar, or enamelled pan, with one pint of cold water ; cover and let it stand for an hour. Put into a moderate oven, or near a slow fire, and let it gently simmer for about five hours. Strain through a coarse wire strainer, when it will be ready for use ; salt to taste, and pepper, if allowed.

MISS MINNIE CHAPMAN :—

Cut 1lb. of beef into small pieces the size of dice, removing all fat, place the same in earthenware jar ; add a little more than a pint of water, to allow for evaporation ; cover jar with brown paper and tie down. Place the jar with contents in a saucepan half-filled with water ; when boiling allow it to simmer for two hours ; then add salt and pepper to taste.

MISS EDITH K. WARD :—

Take 1lb. of gravy beef and scrape it very fine with a sharp knife, taking care to remove every particle of fat and skin. Put it into an earthenware jar, add salt and a little pepper and mix well with a pint of water. Place the jar near the fire that the contents may heat slowly for three hours, then let it gently simmer for one. Strain through a sieve, and when cold remove any fat with a piece of clean white blotting paper.

MISS JANE DEARTH :—

Steaks from the rump are the best for beef tea. Shred the meat finely, and soak it twenty minutes or half-an-hour in its own weight of water (two tablespoonfuls of a liquid go to the ounce) ; then pour it into a Nottingham jar and cover it securely with the lid and strong brown paper. Stand this in a saucepan of boiling water for three hours.

MISS FLORENCE SHEPPARD :—

Beef should be finely divided, and all fat and skin removed, then placed in a jar containing a pint of cold water to a pound of beef ; let it stand for an hour, then put it into a moderately cool oven, and gradually let it simmer, flavoured previously according to taste. Another way is—Beef should be finely divided, and placed in jar without any water in an oven for twenty minutes, then add boiling water according to quantity required.

MISS EMMA DAVEY :—

I have always found very good beef tea made by taking a piece of nice gravy beef ; cut away all fat and skin ; then cut it in small pieces. Put it in a jar with cold water, a pint of water to 1lb. of beef ; cover the jar quite close, and place it in a saucepan of water ; leave it to simmer very gently, or in an oven for four or five hours.

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