

**MISS BLANCHE BECKS :—**

Mince 1lb. of beef, and soak in one pint of cold water, with salt, half-an-hour; place in saucepan, and simmer to a gentle heat, never boiling; later, raise the temperature to almost boiling; pour off the liquor, and beat the meat to a pulp; add again the liquor, and re-simmer.

**MISS LENA B. McDONALD :—**

Cut up shin of beef into pieces about an inch square, remove all fat, cover with cold water, add a little salt and let stand two hours, then put into a hot oven or saucepan of boiling water for two hours; remove all fat, and the beef tea will be ready for use. If allowed, a little rice or oatmeal cooked in it will make it more palatable.

**MISS MARTHA POWELL :—**

I consider the best way of making beef tea is to take 1lb. of fresh beef, cut off all fat, and cut beef into small pieces; put it into a stew jar, add one pint of cold water; set the jar in a saucepan of cold water, put it by the side of the fire and let it get slowly hot (it should not boil) and simmer for three hours, strain off ready for use and take off all fat. Beef from the second cut off the neck makes the best beef tea, but does not jelly. The shin of beef makes good jellied beef tea.

**MISS SARAH CHILD, M.B.N.A. :—**

To make good beef tea take 1lb. of lean gravy beef, without fat or bone; cut into small pieces the size of dice, place in a clean saucepan with one quart of water (cold), one saltspoonful of salt; set it on the fire till it comes to a boil, then let it simmer for two hours, removing the scum every time it rises; when done strain it through a hair sieve and set it in a cool place. When wanted for use remove every particle of fat and warm up as much as required for the time; if extra strength is required for the tea, use double quantity of meat to the same of water. Beef tea in haste.— $\frac{1}{2}$ lb. of lean beef, scraped into fibres; this should be done on a board; place into a clean saucepan, pour half-a-pint of boiling water on it, cover closely, set by the side of the fire for ten minutes, strain into a teacup, place it in a basin of ice water, remove all fat, pour into a warm cup, and put it into another basin of warm water till hot enough, then serve.

**MISS ELLEN MARY GREEN :—**

Take 1lb. of rump steak, removing all skin, fat and gristle; cut it into squares, and put it into a covered jar with one pint of cold water and a pinch of salt; then place the jar on the side of the fire to heat very slowly; it may stand two or three

hours before it is allowed to simmer, and then let it boil gently for fifteen minutes; skim and serve.

**MISS LIZZIE MARTIN :—**

Take one pound of juicy beef, from which all fat and skin has been cut away; cut in small pieces. Mix with one pint of cold water, place it on the side of stove to heat slowly; it may stand three hours before it is allowed to simmer, and then requires fifteen minutes' boiling—salt should be added when commencing to boil; after boiling, the beef tea should be strained from the meat and allowed to stand until any particles of fat can be skimmed off.

**MISS CATHERINE HEATH, M.B.N.A. :—**

Take 1lb. of good, juicy beef, freed from all fat and dry outside skin. Cut the meat into small pieces. Put it into a covered stone jar with one pint of cold water, a good salt-spoonful of salt, and five or six peppercorns; place it in the oven, or in a large saucepan with water, and let it simmer four or five hours, removing all scum as it rises.

**SISTER DEW :—**

Shred 1lb. of lean beef steak finely (carefully separating from it every particle of fat) into an earthen jar; add one pint of cold water, and one teaspoonful of salt; cover, and let it stand for one or two hours; then stir, cover closely with buttered paper, and place in moderate oven. Be careful that the tea simmers only, as boiling it only hardens the albumen and fibrin, and makes them difficult of digestion. Let the tea remain in the oven for four to six hours, then strain it, and remove any fat by drawing soft paper over the surface whilst hot, or carefully skimming when cold.

**MISS M. WEBB :—**

One pound rump steak, one pint water, one teaspoonful salt, if allowed. Put the meat in cold water in a basin, first removing fat and gristle, and cutting up fine. Soak for twenty minutes, stirring now and then. Turn all into a jar with lid tied down. Stand jar in a saucepan with enough water to half-way cover the former; put on the lid of the saucepan. Leave on fire for two hours, renewing water in saucepan if it boils away. The beef tea should never boil nor jelly. Then stir up sediment, pour off from meat; do not strain it. If there is any fat, remove it with blotting-paper if hot, skimming if cold. Let it only be made for twenty-four hours; less in summer. This is the longest, but most nourishing method.

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