

A Good Family Soup

Ingredients

Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water, 1/2 teacupful of rice; salt and pepper to taste.

Method

Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

Source: Mrs Beeton's Book of Household Management (1861)

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