

A Good Mutton Soup

Ingredients

A neck of mutton about 5 or 6 lbs., 3 carrots, 3 turnips, 2 onions, a large bunch of sweet herbs, including parsley; salt and pepper to taste; a little sherry, if liked; 3 quarts of water.

Method

Lay the ingredients in a covered pan before the fire, and let them remain there the whole day, stirring occasionally. The next day put the whole into a stewpan, and place it on a brisk fire. When it commences to boil, take the pan off the fire, and put it on one side to simmer until the meat is done. When ready for use, take out the meat, dish it up with carrots and turnips, and send it to table; strain the soup, let it cool, skim off all the fat, season and thicken it with a tablespoonful, or rather more, of arrowroot; flavour with a little sherry, simmer for 5 minutes, and serve.

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

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