

Almond Soup

Ingredients

4 lbs. of lean beef or veal, 1/2 a scrag of mutton, 1 oz. of vermicelli, 4 blades of mace, 6 cloves, 1/2 lb. of sweet almonds, the yolks of 6 eggs, 1 gill of thick cream, rather more than 2 quarts of water.

Method

Boil the beef, or veal, and the mutton, gently in water that will cover them, till the gravy is very strong, and the meat very tender; then strain off the gravy, and set it on the fire with the specified quantities of vermicelli, mace, and cloves, to 2 quarts. Let it boil till it has the flavour of the spices. Have ready the almonds, blanched and pounded very fine; the yolks of the eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the latter should grow oily. Pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let the soup be cool when mixing, and do it perfectly smooth. Strain it through a sieve, set it on the fire, stir frequently, and serve hot. Just before taking it up, add the cream.

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

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