

An Excellent Substitute For Milk Or Cream In Tea Or Coffee

Ingredients

Allow 1 new-laid egg to every large breakfast-cupful of tea or coffee.

Method

Beat up the whole of the egg in a basin, put it into a cup (or a portion of it, if the cup be small), and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of nourishment, both these beverages are much improved by this addition.

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

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