

Apples And Rice

Ingredients

8 good sized apples, 3 oz. of butter, the rind of 1/2 lemon minced very fine, 6 oz. of rice, 1-1/2 pint of milk, sugar to taste, 1/2 teaspoonful of grated nutmeg, 6 tablespoonfuls of apricot jam.

Method

Peel the apples, halve them, and take out the cores; put them into a stewpan with the butter, and strew sufficient sifted sugar over to sweeten them nicely, and add the minced lemon-peel. Stew the apples very gently until tender, taking care they do not break. Boil the rice, with the milk, sugar, and nutmeg, until soft, and, when thoroughly done, dish it, piled high in the centre; arrange the apples on it, warm the apricot jam, pour it over the whole, and serve hot.

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

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