

# Arrowroot Blanc-Mange

## Ingredients

4 heaped tablespoonfuls of arrowroot, 1-1/2 pint of milk, 3 laurel-leaves or the rind of 1/2 lemon, sugar to taste.

## Method

Mix to a smooth batter the arrowroot with 1/2 pint of the milk; put the other pint on the fire, with laurel-leaves or lemon-peel, whichever may be preferred, and let the milk steep until it is well flavoured. Then strain the milk, and add it, boiling, to the mixed arrowroot; sweeten it with sifted sugar, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Grease a mould with pure salad-oil, pour in the blanc-mange, and when quite set, turn it out on a dish, and pour round it a compote of any kind of fruit, or garnish it with jam. A tablespoonful of brandy, stirred in just before the blanc-mange is moulded, very much improves the flavour of this sweet dish.

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

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