

Arrowroot Sauce For Puddings

Ingredients

2 small teaspoonfuls of arrowroot, 4 dessert-spoonfuls of pounded sugar, the juice of 1 lemon, 1/4 teaspoonful of grated nutmeg, 1/2 pint of water.

Method

Mix the arrowroot smoothly with the water; put this into a stewpan; add the sugar, strained lemon-juice, and grated nutmeg. Stir these ingredients over the fire until they boil, when the sauce is ready for use. A small quantity of wine, or any liqueur, would very much improve the flavour of this sauce: it is usually served with bread, rice, custard, or any dry pudding that is not very rich.

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

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