

Baked Beef Tea

Ingredients

1 lb. of fleshy beef, 1-1/2 pint of water, 1/4 saltspoonful of salt.

Method

Cut the beef into small square pieces, after trimming off all the fat, and put it into a baking-jar, with the above proportion of water and salt; cover the jar well, place it in a warm, but not hot oven, and bake for 3 or 4 hours. When the oven is very fierce in the daytime, it is a good plan to put the jar in at night, and let it remain till the next morning, when the tea will be done. It should be strained, and put by in a cool place until wanted. It may also be flavoured with an onion, a clove, and a few sweet herbs, &c., when the stomach is sufficiently strong to take those.

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

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