

Barley Gruel

Ingredients

2 oz. of Scotch or pearl barley, 1/2 pint of port wine, the rind of 1 lemon, 1 quart and 1/2 pint of water, sugar to taste.

Method

After well washing the barley, boil it in 1/2 pint of water for 1/4 hour; then pour this water away; put to the barley the quart of fresh boiling water, and let it boil until the liquid is reduced to half; then strain it off. Add the wine, sugar, and lemon-peel; simmer for 5 minutes, and put it away in a clean jug. It can be warmed from time to time, as required.

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

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