

Blanc-Mange

Ingredients

1 pint of new milk, 1-1/4 oz. of isinglass, the rind of 1/2 lemon, 1/4 lb. of loaf sugar, 10 bitter almonds, 1/2 oz. of sweet almonds, 1 pint of cream. [Illustration: BLANC-MANGE MOULD.]

Method

Put the milk into a saucepan, with the isinglass, lemon-rind, and sugar, and let these ingredients stand by the side of the fire until the milk is well flavoured; add the almonds, which should be blanched and pounded in a mortar to a paste, and let the milk just boil up; strain it through a fine sieve or muslin into a jug, add the cream, and stir the mixture occasionally until nearly cold. Let it stand for a few minutes, then pour it into the mould, which should be previously oiled with the purest salad-oil, or dipped in cold water. There will be a sediment at the bottom of the jug, which must not be poured into the mould, as, when turned out, it would very much disfigure the appearance of the blanc-mange. This blanc-mange may be made very much richer by using 1-1/2 pint of cream, and melting the isinglass in 1/2 pint of boiling water. The flavour may also be very much varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curacoa, or any favourite liqueur, added in small proportions, very much enhances the flavour of this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over; it should come out easily, and the blanc-mange have a smooth glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates.

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

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