

# Boiled Brussels Sprouts

## Ingredients

To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; a \_very small\_ piece of soda.

## Method

Clean the sprouts from insects, nicely wash them, and pick off any dead or discoloured leaves from the outsides; put them into a saucepan of \_boiling\_ water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly over a brisk fire until tender; drain, dish, and serve with a tureen of melted butter, or with a maitre d'hotel sauce poured over them. Another mode of serving is, when they are dished, to stir in about 1-1/2 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, as, being so very small, this vegetable soon cools. Where the cook is very expeditious, this vegetable, when cooked, may be arranged on the dish in the form of a pineapple, and, so served, has a very pretty appearance.

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

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