

# Boiled Cabbage

## Ingredients

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

## Method

Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice, at the stalk end; if they should be very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into *\_plenty\_* of *\_fast-boiling\_* water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done, take them up into a colander, place a plate over them, let them thoroughly drain, dish, and serve.

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

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