

Boiled Sea-Kale

Ingredients

To each 1/2 gallon of water allow 1 heaped tablespoonful of salt. [Illustration: BOILED SEA-KALE.]

Method

Well wash the kale, cut away any wormeaten pieces, and tie it into small bunches; put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy: it will then take about 1/2 hour altogether.

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

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