

# Boiled Vegetable Marrow

## Ingredients

To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; vegetable marrows. [Illustration: VEGETABLE MARROW ON TOAST.]

## Method

Have ready a saucepan of boiling water, salted in the above proportion; put in the marrows after peeling them, and boil them until quite tender. Take them up with a slice, halve, and, should they be very large, quarter them. Dish them on toast, and send to table with them a tureen of melted butter, or, in lieu of this, a small pat of salt butter. Large vegetable marrows may be preserved throughout the winter by storing them in a dry place; when wanted for use, a few slices should be cut and boiled in the same manner as above; but, when once begun, the marrow must be eaten quickly, as it keeps but a short time after it is cut. Vegetable marrows are also very delicious mashed: they should be boiled, then drained, and mashed smoothly with a wooden spoon. Heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and dish with a few sippets of toasted bread placed round as a garnish.

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

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