

Broad Beans A La Poulette

Ingredients

2 pints of broad beans, 1/2 pint of stock or broth, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, 1/4 pint of cream, pepper and salt to taste.

Method

Procure some young and freshly-gathered beans, and shell sufficient to make 2 pints; boil them, as in the preceding recipe, until nearly done; then drain them and put them into a stewpan, with the stock, finely-minced herbs, and sugar. Stew the beans until perfectly tender, and the liquor has dried away a little; then beat up the yolk of an egg with the cream, add this to the beans, let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large, the skin should be removed previously to boiling them.

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

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