

# Calf's-Head Soup

## Ingredients

1/2 a calf's head, 1 onion stuck with cloves, a very small bunch of sweet herbs, 2 blades of mace, salt and white pepper to taste, 6 oz. of rice-flour, 3 tablespoonfuls of ketchup, 3 quarts of white stock, No. 107, or pot-liquor, or water.

## Method

Rub the head with salt, soak it for 6 hours, and clean it thoroughly; put it in the stewpan, and cover it with the stock, or pot-liquor, or water, adding the onion and sweet herbs. When well skimmed and boiled for 1-1/2 hour, take out the head, and skim and strain the soup. Mix the rice-flour with the ketchup, thicken the soup with it, and simmer for 5 minutes. Now cut up the head into pieces about two inches long, and simmer them in the soup till the meat and fat are quite tender. Season with white pepper and mace finely pounded, and serve very hot. When the calf's head is taken out of the soup, cover it up, or it will discolour.

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

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