

Chicken Broth

Ingredients

1/2 fowl, or the inferior joints of a whole one; 1 quart of water, 1 blade of mace, 1/2 onion, a small bunch of sweet herbs, salt to taste, 10 peppercorns.

Method

An old fowl not suitable for eating may be converted into very good broth, or, if a young one be used, the inferior joints may be put in the broth, and the best pieces reserved for dressing in some other manner. Put the fowl into a saucepan, with all the ingredients, and simmer gently for 1-1/2 hour, carefully skimming the broth well. When done, strain, and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

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

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