

Cocoa-Nut Soup

Ingredients

6 oz. of grated cocoa-nut, 6 oz. of rice flour, 1/2 a teaspoonful of mace; seasoning to taste of cayenne and salt; 1/4 of a pint of boiling cream, 3 quarts of medium stock No. 105.

Method

Take the dark rind from the cocoa-nut, and grate it down small on a clean grater; weigh it, and allow, for each quart of stock, 2 oz. of the cocoa-nut. Simmer it gently for 1 hour in the stock, which should then be strained closely from it, and thickened for table.

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

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