

Eel Broth

Ingredients

1/2 lb. of eels, a small bunch of sweet herbs, including parsley; 1/2 onion, 10 peppercorns, 3 pints of water, 2 cloves, salt and pepper to taste.

Method

After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan, with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises. Strain it through a hair sieve; put it by in a cool place, and, when wanted, take off all the fat from the top, warm up as much as is required, and serve with sippets of toasted bread. This is a very nutritious broth, and easy of digestion.

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

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