

# Egg Wine

## Ingredients

1 egg, 1 tablespoonful and 1/2 glass of cold water, 1 glass of sherry, sugar and grated nutmeg to taste.

## Method

Beat the egg, mixing with it a tablespoonful of cold water; make the wine-and-water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but do not allow them to boil. Serve in a glass with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

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

*Ingredify <https://ingredify.com>*