Hessian Soup

Ingredients

Half an ox's head, 1 pint of split peas, 3 carrots, 6 turnips, 6 potatoes, 6 onions, 1 head of celery, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of mace, a little allspice, 4 cloves, the crumb of a French roll, 6 quarts of water.

Method

Clean the head, rub it with salt and water, and soak it for 5 hours in warm water. Simmer it in the water till tender, put it into a pan and let it cool; skim off all the fat; take out the head, and add the vegetables cut up small, and the peas which have been previously soaked; simmer them without the meat, till they are done enough to pulp through a sieve. Add the seasoning, with pieces of the meat cut up; give one boil, and serve.

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

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