

Lemon Sponge

Ingredients

2 oz. of isinglass, 1-3/4 pint of water, 3/4 lb. of pounded sugar, the juice of 5 lemons, the rind of 1, the whites of 3 eggs.

Method

Dissolve the isinglass in the water, strain it into a saucepan, and add the sugar, lemon-rind, and juice. Boil the whole from 10 to 15 minutes; strain it again, and let it stand till it is cold and begins to stiffen. Beat the whites of the eggs, put them to it, and whisk the mixture till it is quite white; put it into a mould which has been previously wetted, and let it remain until perfectly set; then turn it out, and garnish it according to taste.

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

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