

Mashed Jerusalem Artichokes

Ingredients

To each 1 gallon of water allow 1 oz. of salt; 15 or 16 artichokes, 1 oz. butter, pepper and salt to taste.

Method

Boil the artichokes as in the preceding recipe until tender; drain and press the water from them, and beat them up with a fork. When thoroughly mashed and free from lumps, put them into a saucepan with the butter and a seasoning of white pepper and salt; keep stirring over the fire until the artichokes are quite hot, and serve.

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

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