

# Mutton Broth, Quickly Made

## Ingredients

1 or 2 chops from a neck of mutton, 1 pint of water, a small bunch of sweet herbs, 1/4 of an onion, pepper and salt to taste.

## Method

Cut the meat into small pieces, put it into a saucepan with the bones, but no skin or fat; add the other ingredients; cover the saucepan, and bring the water quickly to boil. Take the lid off, and continue the rapid boiling for 20 minutes, skimming it well during the process; strain the broth into a basin; if there should be any fat left on the surface, remove it by laying a piece of thin paper on the top: the greasy particles will adhere to the paper, and so free the preparation from them. To an invalid nothing is more disagreeable than broth served with a quantity of fat floating on the top; to avoid this, it is always better to allow it to get thoroughly cool, the fat can then be so easily removed.

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

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