

# Nourishing Lemonade

## Ingredients

1-1/2 pint of boiling water, the juice of 4 lemons, the rinds of 2, 1/2 pint of sherry, 4 eggs, 6 oz. of loaf sugar.

## Method

Pare off the lemon-rind thinly, put it into a jug with the sugar, and pour over the boiling water. Let it cool, then strain it; add the wine, lemon-juice, and eggs, previously well beaten, and also strained, and the beverage will be ready for use. If thought desirable, the quantity of sherry and water could be lessened, and milk substituted for them. To obtain the flavour of the lemon-rind properly, a few lumps of the sugar should be rubbed over it, until some of the yellow is absorbed.

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

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