

Nutritious Coffee

Ingredients

1/2 oz. of ground coffee, 1 pint of milk.

Method

Let the coffee be freshly ground; put it into a saucepan, with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for 3 minutes; clear it by pouring some of it into a cup, and then back again, and leave it on the hob for a few minutes to settle thoroughly. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee-cup.

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

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