

Reading Sauce

Ingredients

2-1/2 pints of walnut pickle, 1-1/2 oz. of shalots, 1 quart of spring water, 3/4 pint of Indian soy, 1/2 oz. of bruised ginger, 1/2 oz. of long pepper, 1 oz. of mustard-seed, 1 anchovy, 1/2 oz. of cayenne, 1/4 oz. of dried sweet bay-leaves.

Method

Bruise the shalots in a mortar, and put them in a stone jar with the walnut-liquor; place it before the fire, and let it boil until reduced to 2 pints. Then, into another jar, put all the ingredients except the bay-leaves, taking care that they are well bruised, so that the flavour may be thoroughly extracted; put this also before the fire, and let it boil for 1 hour, or rather more. When the contents of both jars are sufficiently cooked, mix them together, stirring them well as you mix them, and submit them to a slow boiling for 1/2 hour; cover closely, and let them stand 24 hours in a cool place; then open the jar and add the bay-leaves; let it stand a week longer closed down, when strain through a flannel bag, and it will be ready for use. The above quantities will make 1/2 gallon.

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

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