

Recipe 1174

Ingredients

The ears of young and green Indian wheat; to every 1/2 gallon of water allow 1 heaped tablespoonful of salt.

Method

This vegetable, which makes one of the most delicious dishes brought to table, is unfortunately very rarely seen in Britain; and we wonder that, in the gardens of the wealthy, it is not invariably cultivated. Our sun, it is true, possesses hardly power sufficient to ripen maize; but, with well-prepared ground, and in a favourable position, it might be sufficiently advanced by the beginning of autumn to serve as a vegetable. The outside sheath being taken off and the waving fibres removed, let the ears be placed in boiling water, where they should remain for about 25 minutes (a longer time may be necessary for larger ears than ordinary); and, when sufficiently boiled and well drained, they may be sent to table whole, and with a piece of toast underneath them. Melted butter should be served with them.

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

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