

Recipe 132

Ingredients

Half an ox-head or cow-heel, a teacupful of toasted oatmeal, salt to taste, 2 handfuls of greens, 3 quarts of water.

Method

Make a broth of the ox-head or cow-heel, and boil it till oil floats on the top of the liquor, then boil the greens, shred, in it. Put the oatmeal, with a little salt, into a basin, and mix with it quickly a teacupful of the fat broth: it should not run into one doughy mass, but form knots. Stir it into the whole, give one boil, and serve very hot.

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

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