

Recipe 1482

Ingredients

4 eggs, 3/4 pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water.

Method

Put the milk into a saucepan with sufficient sugar to sweeten it nicely, and the rind of 1/2 lemon. Let this steep by the side of the fire for 1/2 hour, when take out the peel; separate the whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remaining; bring the milk to the boiling-point, and drop in the snow a tablespoonful at a time, and keep turning the eggs until sufficiently cooked. Then place them on a glass dish, beat up the yolks of the eggs, stir to them the milk, add a little more sugar, and strain this mixture into a jug; place the jug in a saucepan of boiling water, and stir it one way until the mixture thickens, but do not allow it to boil, or it will curdle. Pour this custard over the eggs, when they should rise to the surface. They make an exceedingly pretty addition to a supper, and should be put in a cold place after being made. When they are flavoured with vanilla or orange-flower water, it is not necessary to steep the milk. A few drops of the essence of either may be poured in the milk just before the whites are poached. In making the custard, a little more flavouring and sugar should always be added.

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

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