

Recipe 368

Ingredients

2 onions, 1 blade of mace, mushroom trimmings, a small bunch of parsley, 1 oz. of butter, flour, 1/2 pint of water, 1 pint of milk, salt, the juice of 1 lemon, 2 eggs.

Method

Put in a stewpan the milk, and 1/2 pint of water, with the onions, mace, mushrooms, parsley, and salt. Let these simmer gently for 20 minutes. In the mean time, rub on a plate 1 oz. of flour and butter; put it to the liquor, and stir it well till it boils up; then place it by the side of the fire, and continue stirring until it is perfectly smooth. Now strain it through a sieve into a basin, after which put it back in the stewpan, and add the lemon-juice. Beat up the yolks of the eggs with about 4 dessertspoonfuls of milk; strain this to the sauce, keep stirring it over the fire, but do not let it boil, lest it curdle.

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

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