

Recipe 378

Ingredients

1/4 lb. of fresh butter, 1 tablespoonful of flour, salt to taste, 1/2 gill of water, 1/2 spoonful of white vinegar, a very little grated nutmeg.

Method

Mix the flour and water to a smooth batter, carefully rubbing down with the back of a spoon any lumps that may appear. Put it in a saucepan with all the other ingredients, and let it thicken on the fire, but do not allow it to boil, lest it should taste of the flour.

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

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