

# Recipe 450

## Ingredients

1/4 lb. of the best mustard, 1/4 lb. of flour, 1/2 oz. of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, 1/4 bottle of anchovy sauce.

## Method

Put the mustard, flour, and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, boiling, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years. [Illustration: MUSTARD.] MUSTARD.--Before the year 1729, mustard was not known at English tables. About that time an old woman, of the name of Clements, residing in Durham, began to grind the seed in a mill, and to pass the flour through several processes necessary to free the seed from its husks. She kept her secret for many years to herself, during which she sold large quantities of mustard throughout the country, but especially in London. Here it was introduced to the royal table, when it received the approval of George I. From the circumstance of Mrs. Clements being a resident at Durham, it obtained the name of Durham mustard. In the county of that name it is still principally cultivated, and the plant is remarkable for the rapidity of its growth. It is the best stimulant employed to impart strength to the digestive organs, and even in its previously coarsely-pounded state, had a high reputation with our ancestors. INDIAN PICKLE (very Superior).

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

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